BEST GUIDE FOR SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

25-31 JANUARY 2025

TV Satellite Week

TV TO GET EXCITED ABOUT!

NEW

Brian & Maggie

Steve Coogan on the TV interview that led to Thatcher's downfall

England/ Wales issue 04/493

NEW

PARADISE

Futuristic political thriller

NEW

SIX NATIONS RUGBY

Our guide to the 2025 championship

HotList This week's 28

Saturday 25

Timestalker

***FANTASY COMEDY** Sky Premiere, 6.20am & 6.20pm*

This comedy follows the hapless Agnes (Alice Lowe) through time. She meets a grim end only to be reborn a century later – and repeat... *See review, page 23*

Australian Open Finals

***TENNIS** Eurosport1 & Discovery+, coverage from 8am*

It's finals weekend in Melbourne, starting today with the women's singles (from 8.30am), which was won last year by Belarusian Aryna Sabalenka (above).

Premier League

***FOOTBALL** Sky Sports Main Event & Sky Sports Premier League, k-o 5.30pm*

Both Manchester City and Chelsea will be the first to admit that their season has had more downs than ups so far, but which team will come out on top today?

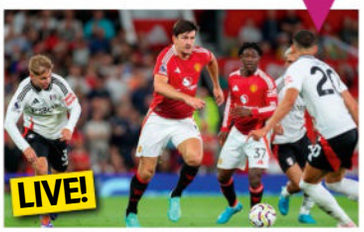
The 1% Club

***QUIZ SHOW** ITV1, 8.30pm*

Lee Mack is back with the show that's best watched while taking part, with maximum smug points going to the smartest person in your house who can make it to the final 1% question.

■ Full listings start on **p35**

Sunday 26



Premier League

***FOOTBALL** Sky Sports Main Event, Sky Sports Premier League & TNT Sports1*

A triple helping of top-flight action today, with Crystal Palace v Brentford (k-o 2pm), Aston Villa v West Ham (4.30pm) and Fulham v Manchester United (7pm).

Guy Martin: Proper Jobs

***FACTUAL** U&Dave, 8pm (box set, U)*

The self-confessed speed freak (above) explores four 'proper jobs' starting with what's considered one of the most dangerous roles in the UK – working as a deckhand on a fishing trawler in Devon.

SAS Rogue Heroes

***DRAMA** BBC1, 9pm*

As the season draws to a close, David Stirling (Connor Swindells) spies an opportunity to escape from the Italian POW camp where he's been held captive for more than a year. *See feature, page 7*

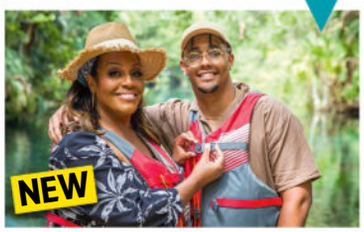
Rachel's Farm

***DOCUMENTARY** BBC4, 9pm*

The plight of UK farmers is a hot topic, and things are no easier on the other side of the world, as demonstrated here by actor and filmmaker Rachel Ward (above) on her beef farm in New South Wales.

■ Full listings start on **p45**

Monday 27



Alison Hammond's Florida Unpacked

***TRAVELOGUE** BBC2, 6.30pm (box set, BBC iPlayer)*

Hammond (above, left) and son Aidan take a trip to the Sunshine State, offering practical travel advice. Continues all week.

Wynne & Joanna: All at Sea

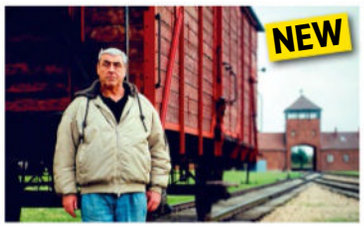
***TRAVELOGUE** BBC1, 8.30pm (times vary) (box set, BBC iPlayer)*

Singer Wynne Evans and *Gavin & Stacey* star Joanna Page team up to explore the Welsh coastline from Cardiff to St Davids.

The Last Musician of Auschwitz

***DOCUMENTARY** BBC2, 9pm*

To mark Holocaust Memorial Day, this film explores the story of the last-surviving member of Auschwitz's Women's Orchestra. *See Documentaries, page 20*



The Tattooist's Son: Journey to Auschwitz

***DOCUMENTARY** Sky History, 9pm*

One-off documentary following Gary Sokolov, son of Lali Sokolov – the real-life Tattooist of Auschwitz – as he visits the site of the notorious Nazi death camp.

■ Full listings start on **p55**

Tuesday 28

Paradise

***THRILLER** Disney+*

Sterling K. Brown stars as Xavier Collins, head of security for President Cal Bradford (James Marsden), who comes under suspicion when he is the last person to see Bradford alive. *See feature, page 6*

Inside the Factory

***FACTUAL** BBC1, 8pm*

Paddy McGuinness and Cherry Healey (both above) visit the Clays book factory in Suffolk, which produces 3 million books a week, while historian Ruth Goodman discovers the story of Louis Braille.

Great British Menu

***COOKERY** BBC2, 8pm*

The 20th series of the cookery challenge show, in which chefs from around the UK compete to design dishes inspired by 'Great Britons' for a special banquet. Continues to Thursday. *See feature, p12*

True Crime Presents: A Murder Without Honour

***DOCUMENTARY** ITV1, 9pm*

When the body of Shafilea Ahmed is found 70 miles from her home in 2004, it takes eight years before evidence is discovered that blows the case open.

■ Full listings start on **p65**

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Wednesday 29

Six Nations: Full Contact

DOCUMENTARY Netflix

Ahead of this year's tournament, which starts in Paris on Friday evening, the Netflix series returns, offering front-row seats to the power, passion and glory of the Six Nations. *See Documentaries, p21*

Champions League

FOOTBALL TNT Sports, kick-offs 8pm

The league phase draws to a close tonight, with all 18 fixtures kicking off at 8pm, including PSV v Liverpool and Aston Villa v Celtic. The draw for the knockout phase takes place on Friday.

Idris Elba: Our Knife Crime Crisis

DOCUMENTARY BBC 1, 9pm

The *Luther* actor and activist (above) explores the reality of knife crime in Britain today, and looks at potential solutions to solve the worsening crisis.

Brian and Maggie

DRAMA C4, 9pm (box set, Channel 4)

Steve Coogan and Dame Harriet Walter star in this drama about Thatcher's last interview as PM, by her friend Brian Walden, from which their relationship never recovered. Concludes tomorrow. *See feature, p4*

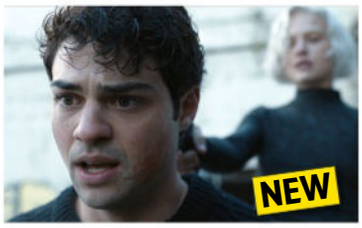
■ Full listings start on **p75**

Thursday 30

You're Cordially Invited

COMEDY Prime Video

Will Ferrell and Reese Witherspoon star in this comedy in which two bridal parties struggle to share a small destination venue when it's accidentally double-booked. *See Your Watchlist, page 16*



The Recruit

DRAMA Netflix

The two-year wait for Season 2 of the CIA adventure starring Noah Centineo is finally over and kicks off with Owen Hendricks (Centineo) in South Korea on a new mission. *See Your Watchlist, page 17*

The Apprentice

ENTERTAINMENT BBC 1, 9pm

There's a frosty reception for the 18 new candidates as Lord Alan Sugar sets them straight to work in Innsbruck, Austria, with Baroness Karren Brady and Tim Campbell as his eyes and ears. *See feature, page 11*

A League of Their Own

ENTERTAINMENT Sky Max & Sky Showcase, 9pm

This week's guests are tennis legend Sir Andy Murray, and Olympic gold-medallist and BBC Sports Personality of the Year Keely Hodgkinson. *See feature, page 12*

■ Full listings start on **p85**

Friday 31

Vietnam: The War That Changed America

DOCUMENTARY Apple TV+

First-person testimony and archival footage is combined to tell the story of perhaps the most controversial war in world history. *See Your Watchlist, page 14*

Furiosa: A Mad Max Saga

SCI-FI Sky Premiere, 11.40am & 8pm

This prequel tells the story of Furiosa, the character played by Charlize Theron in *Mad Max: Fury Road*, and here by Anya Taylor-Joy. Chris Hemsworth plays the deranged Dementus. *See review, p22*

Six Nations

RUGBY UNION ITV 1, k-o 8.15pm

The tournament featuring northern hemisphere teams kicks off tonight with France v Wales at the Stade de France. Scotland, Ireland and England are all in action tomorrow. *See Sport Week, p28*

Death in Paradise

CRIME DRAMA BBC 1, 9pm

DI Mervin Wilson (Don Gilet) is on his way to the airport to head back home, when he comes across an accident that has left a cyclist dead and decides to extend his stay in Saint Marie. *See feature, page 8*

■ Full listings start on **p95**

25-31 JANUARY 2025

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: C4/JONATHAN FORD. © 2024 DISNEY AND ITS RELATED ENTITIES. GETTY. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: DISNEY+, GETTY, SHUTTERSTOCK

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NO, Prime Minister

Steve Coogan and Dame Harriet Walter recreate the explosive TV interview that led to Margaret Thatcher's downfall

Brian Walden and Margaret Thatcher in 1977

Brian Walden
Steve Coogan
The former Member of Parliament is now one of TV's biggest names after becoming disillusioned with the Labour Party.

NEW DRAMA
Brian and Maggie
Wednesday & Thursday, 9pm, C4 (box set, Channel 4)

On Sunday 29 October 1989, millions of TV viewers tuned in to watch journalist and broadcaster Brian Walden sit down with Prime Minister Margaret Thatcher for an interview that would change the course of British politics.

Coming just three days after the resignation of her Chancellor, Nigel Lawson, the television event proved to be the beginning of the end for the Conservative leader, who was forced from Downing Street little more than a year later.

The interview also proved the final act in Thatcher and Walden's friendship, which had blossomed during a host of on-screen discussions over the previous decade. However, when the interviewer pressed his guest over Lawson's resignation, Thatcher floundered and protested that he was talking 'nonsense' and being 'domineering'. Afterwards, the pair would never speak again.

The story of that pivotal moment, and how it came about, is now being told in a two-part C4 drama, *Brian and Maggie*, starring *Succession*'s Dame Harriet Walter as Britain's first female Prime Minister and *I'm Alan Partridge*'s Steve Coogan as Labour MP-turned-ITV broadcaster Walden.

'The drama was written as a two-hander about the sparring and dance that Brian and Margaret do around each other,' says Coogan, 59. 'The story is a fascinating one. It's about a political love story of sorts between a disillusioned Labour politician and a radical Tory Prime Minister. The two of them were outsiders and that's what attracted them to each other, above and beyond their political views.'

POLITICAL PAIR

Coogan started developing the project after a meeting with former BBC political editor and television producer Rob Burley, who wrote a book about the momentous interview.

'I had watched Walden's Sunday interviews when I was young, so I knew all about him,' explains Coogan. 'But I went back and looked at all the interviews he did

MAKING MAGGIE

Dame Harriet Walter has portrayed several real-life characters in her glittering TV career, including Virginia Woolf, Princess Margaret and Clementine Churchill. But she admits that playing Margaret Thatcher was a very different challenge.

'I don't look anything like Maggie Thatcher. I'm the first brown-eyed, dark-haired person who's taken on the role, so I asked for a lot of help with the make-up, hair and voice lessons,' she says. 'I had to travel a great distance to reach her – but with James Graham's brilliant script, Stephen Frears to guide me and Steve Coogan to accompany me, I had the dream team to help me achieve it.'

Suited up as the Iron Lady

WORDS: SEAN MARLAND. PHOTOS: C4, GETTY

Simon Paisley Day as Ian Gow MP with Walter as Thatcher

Margaret Thatcher
Dame Harriet Walter
The Prime Minister has a long and friendly history with Brian Walden, but struggles with his tough line of questioning.

WHO'S WHO

Nigel Lawson
Ivan Kaye
The Chancellor of the Exchequer resigns in 1989 when Margaret Thatcher refuses to sack her Chief Economic Adviser, Sir Alan Walters.

Bernard Ingham
Paul Clayton
Thatcher's chief press secretary is always keen to know what Brian Walden's questions will be before his interviews with the PM.

David Cox
Tom Mothersdale
The executive producer working on Walden's ITV programmes helps him make the change from MP to skilled political interviewer.

with Thatcher again, to follow the arc of their political relationship. You see her develop as a politician and him develop as an interrogator, which was very interesting.'

Growing up with a keen interest in politics also meant Coogan had some strong opinions about the formidable figure, who was dubbed the 'Iron Lady', although he was determined not to let his personal beliefs cloud the project.

'Thatcher was a very divisive figure and I had a lot of antipathy towards her when she was Prime Minister,' explains Coogan. 'But the fact she was an outsider makes her a fascinating figure to me. Now I look at her through a slightly different lens, as someone who was looking to make radical change. She knew her stuff and subjected herself to forensic analysis with Walden on a regular basis, in a way that politicians don't do any more.'

After recruiting BAFTA-winning *Sherwood* creator James Graham to adapt Burley's work and signing up *The Queen*'s Stephen Frears to direct the series, Coogan's final task was persuading Harriet Walter to play the PM.

DREAM CASTING

'I was very surprised when I was asked,' reveals Walter, 74. 'I'd always switched off my TV whenever she came on during the 1980s, and I couldn't be objective about her. However, during filming I kept seeing things from her point of view, as a woman surrounded by men, and that coloured my way into her. The rigidity of Thatcher's public persona was all about trying to prove to the boys that she could be as tough as them.'

CHANNELING THATCHER

A host of stars have previously worn the ex-Prime Minister's famous blue power suits, from Meryl Streep in the Oscar-winning movie *The Iron Lady* to Gillian Anderson in Netflix's *The Crown*. But Walter was determined to put her own stamp on the role by looking at Thatcher's body language.

'Loads of people have played her over the years, but I decided I wasn't going to try to compete with them,' she explains. 'Instead of impersonating her I wanted to look at why she would put her finger out like that at that particular point? What did that tell me about her? What did it tell me about what she wanted to tell the public?'

Xavier Collins
Sterling K. Brown
The trustworthy secret-service agent is under suspicion when the president is found dead. Does he have a motive?

UNDER SUSPICION

WHO'S WHO IN *PARADISE?*

President Cal Bradford
James Marsden
Cal tries to do right by his people, but believes he has enemies. Can he rely on Xavier to protect him?

Samantha Redmond
Julianne Nicholson
She's a political force of nature, but Samantha works hard to bury her crippling grief.

Gabriella Torabi
Sarah Shahi
Paradise's therapist offers support to the city's prestigious leaders. But can she help Xavier?

Billy Pace
Jon Beavers
Xavier's friend and fellow agent is on duty, along with colleague Jane (Nicole Brydon Bloom), on the night Cal is killed.

WORDS: REBECCA MAHONEY, SEAN MARLAND. PHOTOS: © 2025 DISNEY AND ITS RELATED ENTITIES, BBC

The **murder of a president** rocks an idyllic community in a twisty thriller

NEW THRILLER

Paradise

From Tue 28 Jan, Disney+ (first three episodes from 28 Jan, then weekly)

If life is a lottery, then the residents of the aptly named Paradise have definitely hit the jackpot. But when a murder shakes the community to its core, is everything really as it seems in the picturesque and serene city?

This eight-part, high-stakes thriller begins with just another day in Paradise for Xavier (*This Is Us* star Sterling K. Brown), the head of security for President Cal Bradford (James Marsden). But after he kisses his children, Presley and James, goodbye and leaves for work, Xavier makes a gruesome discovery inside Cal's bedroom that changes his life forever.

He finds the president dead on the floor, and after the authorities descend upon the crime scene, Xavier is forced to take a polygraph test as news of the killing sends shock waves throughout the city, which is inhabited by the world's most affluent and powerful people.

But would dependable dad-of-two Xavier kill the president, whom he called a friend? Or is a murderer on the loose in Paradise? As the investigation continues, flashbacks reveal the complex friendship between the two men. 'Even though Cal is very charming and has a John F. Kennedy feel about him, he doesn't have many friends,' says Marsden, 51. 'He's not exactly a squeaky-clean Mr. Do Right, but he is a man of character.

'It's not just a whodunnit; there's more to it than meets the eye. Cal is lonely and a bit broken, until Xavier comes into his life and they forge a friendship that's unexpected. They mean a lot to each other, but there are so many twists and turns as the show dives into their complex dynamic. There are some real heart-in-your-mouth moments and surprises along the way.'

Written by *This Is Us* creator Dan Fogelman, the series features *Person of Interest* star Sarah Shahi as therapist Gabriella Torabi, while Jon Beavers and Nicole Brydon Bloom play secret-service agents Billy and Jane.

REVELATIONS

The drama also reunites Marsden with his former *Ally McBeal* co-star Julianne Nicholson, who plays a prominent figure in Paradise, the enigmatic, power-crazed Samantha Redmond.

'There are certain places, moneyed places in particular or by the sea, that have a certain air and Paradise is one of them. You feel very lucky if you live there,' says *Mare of Easttown* star Nicholson, 53. 'It's a high-functioning community, but something feels not quite right and the president's death heightens it.

'Samantha is a powerful woman, but she's suffering with grief, which dictates a lot of her choices,' she adds. 'She lulls you into thinking that everything is OK and then pulls the rug out from under you. But I have compassion for Samantha and I hope viewers will do, too – even though she's out of her mind.'

James Marsden as Cal Bradford

Connor Swindells as SAS founder David Stirling

Escape to victory?

David Stirling makes a bid for freedom in a thrilling finale

LAST ONE DRAMA

SAS Rogue Heroes

Sunday, 9pm, BBC1

The SAS regiment

David Stirling has spent more than a year rotting away in an Italian prisoner-of-war camp, but he finally gets a chance to make a break for it in a gripping climax to the second season of *SAS Rogue Heroes*.

As this week's finale begins, the British troops being held at Forte di Gavi hear that the Italian government has fallen following the Allied invasion led by Stirling's comrades in the SAS.

Although the Italian guards at the prison abandon their posts, German troops are on their way to replace them and will kill any POWs they catch trying to flee.

TAKING ACTION

Realising they have less than half an hour to make their escape, many of the prisoners flee on foot, but after being stuck in solitary confinement, Stirling doesn't have the energy to run.

Deciding to hide out in the fort, he hopes to slip away after the Germans depart, but when it becomes clear they're not leaving, he's forced to consider making a desperate bid for freedom.

'We really see Stirling's problem-solving brain come to the fore, even though he's thirsty, malnourished and descending into madness by this time,' says Connor Swindells, who plays him. 'I lost a lot of weight for this series. I wanted to show his physical condition and his hunger to get out of there.'

IN THE DARK

After portraying Stirling as he battled the Germans in the deserts of North Africa for the first season of the drama, playing the SAS founder was a very different experience for Swindells in the second series. While most of his co-stars were filming in sunny Croatia – which doubled as southern Italy – Swindells spent most of his time inside a dank military fortress in Chatham, Kent.

'Stirling has slowly been coming to terms with the fact he's missing out on all the action,' says Swindells. 'That's exactly how I felt, too, because I was missing out on all the fun. Everyone was shooting in very wonderful conditions and I was stuck in a cave!'

Wheels of justice

The case of a murdered cyclist strikes close to home for **DI Mervin Wilson** and the team

NEW DRAMA

Death in Paradise

Friday, 9pm, BBC1

DI Mervin Wilson (Don Gilet) didn't exactly endear himself to his new colleagues when he was seconded to Saint Marie's police force at Christmas. Unapologetically metropolitan in his approach to life and work, he found the pace of everything on the island agonisingly slow – and the rest of his team bristled at his constant complaints about it.

As a result, there's no great sadness on either side when Mervin packs his bags and prepares to return to London as the new series of *Death in Paradise* begins.

However, on his way to the airport he spots DS Naomi Thomas (Shantol Jackson) and Officer Darlene Curtis (Ginny Holder) at the scene of an accident that's left a cyclist dead. Mervin's curiosity gets the better of him, and when he notices something suspicious about the body, he decides to stick around for a few more days to investigate.

Don Gilet (left) and Don Warrington as Wilson and Patterson

'At the start of the show, he's heading out of there – it's a done deal,' says former *EastEnders* star Gilet. 'But there is something quite profound that's keeping him in Saint Marie, and over time you'll find that out. In the first episode, someone close to the team dies, so it hits them in a different way – it's not just a job. You'll see how the team comes together when the case affects them on a personal level.'

Mervin's decision to extend his stay is greeted with dismay by his colleagues, who didn't enjoy working with him at Christmas. Darlene, in particular, is not a fan of his brusque manner, and runs out of patience very quickly.

'Darlene finds it quite difficult having Mervin coming in and telling them how to do things, and being a bit disrespectful about the culture,' says Holder. 'She's very forthright in her opinions of him, and tells him off a lot. But as the series goes on, there's an understanding, and she realises that actually he's a really good inspector.'

Despite their antagonism on-screen, things were much more

WORDS: STEVEN PERKINS, ALISON SLADE PHOTOS: BBC, ITV

DI Wilson at the crime scene with Officer Curtis and (inset) DS Thomas

cordial off-camera for Gilet and Jackson, who enjoyed getting their teeth into the new double act formed by their characters – and occasionally struggled to stop their real-life friendship from spilling over into the show.

'I love to hate him as the character. Don makes it easy – he plays Mervin so well,' smiles Jackson. 'I had to remind myself, "My character actually despises this person – we're not supposed to be having fun!" Naomi and Mervin's relationship is a roller coaster, and we had a really good time.'

Gilet joined *Death in Paradise* following the departure of Ralf Little as DI Neville Parker at the end of Series 13. Although he's the fifth actor to play the show's lead inspector, he's aware that viewers might find his arrival to be a tough adjustment.

'But there are points when Mervin starts to thaw, and that might surprise people,' he says. 'I'd like to think that by the end, not only will Mervin's colleagues like and accept him, I hope the audience will accept him as well.'

'Don makes it easy – he plays Mervin so well'
SHANTOL JACKSON

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Shona is trapped in a van

EASTENDERS

Shona is kidnapped as the heat rises for David...

» **Stealing Damon Hay's** cash seemed like a banging idea at the time for David Platt, who used the money to buy No.8. But several months down the line, the crimper is seriously regretting his actions. It transpires the money actually belonged to Harvey Gaskell, Damon's brother, and the incarcerated gangster wants it back.

Having already made several threats to David, via his stooges on the outside, Harvey ups the ante and arranges for Shona to be kidnapped. Shona's terrified as she's bundled into a van, and when David discovers that his wife hasn't turned up for work, he suspects immediately that her disappearance is Harvey's doing.

Fearing for her safety, he races to the police station and tells Kit that his dog was run over last week and now Shona has vanished, and he believes Harvey is behind both incidents. But has he made things worse by grassing up Harvey to the cops? And, as David sets his mind to raising the cash and asks an old prison mate for a favour, what is his big plan?

David meets up with a friend

» **PLUS** Steve and Leanne get it on, spiralling Abi abandons Alfie, Ken asks Cassie to move into No.1, Dev and Bernie announce their engagement, Amy's haunted by her past, and Chesney's in trouble with the police.

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ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Junior exposes a secret about Gina (above), Ruby spots Martin and Stacey nearly kissing, Anna and Freddie finally give in to their feelings, Billy makes a costly wedding blunder, and Ravi arranges some alone time with Denise.

EMMERDALE

» Pollard (above) plots to torch his shop, Laurel fears she has killed AWOL Anthony, Amy feels broody, Marlon decides to increase the reward money for info on April, and Bob struggles as Heath's headstone is erected.

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Newcastle, Blaydon Trade Park NE21 5TR
Preston, 74-76 Blackpool Road PR2 6NY
Sheffield, Unit 3 Burton Street S6 2HH
Warrington, Gemini Trade Park WA5 7YF

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Brighton, 75 Upper Brighton Rd BN15 0JQ
Eastbourne, Hillier Garden Cntr BN24 5BS
Southampton, Romsey Road SO16 9GJ

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The new batch of contenders

Back in business

Eighteen new candidates compete to win **Lord Sugar**'s investment

NEW ENTERTAINMENT

The Apprentice
Thursday, 9pm, BBC1

Lord Alan Sugar gets straight down to business when *The Apprentice* returns to BBC1 with a new 12-part series this week. The latest batch of candidates – including a motivational speaker and a hair-transplant consultant – barely have time to catch their breath before the tycoon sends them to Innsbruck, Austria under the watchful eyes of his trusty sidekicks Baroness Karren Brady and Tim Campbell.

There, the 18 competitors vying for his mentorship and £250,000 investment are tasked with delivering glacier and forest tour packages in the Alps. But who will get a frosty reception in the boardroom back in London?

Here, Lord Sugar, 77, reveals more about the new series…

Have you made any changes to the format this year? The trip to Austria really sets the tone. In the past, we've split the candidates into sexes to help viewers get to know them quickly. But this year we've decided to mix them up from the outset. It's interesting to see how they handle it because it's not what they expect.

Karren Brady and Tim Campbell

What new tasks have you lined up? We've lots of really good ones, from buying and selling potatoes to making a virtual pop star and creating a banking app for kids. There's also a corporate hospitality challenge in Turkey.

With this being the 19th series, are candidates more savvy? They all say they love the show and they've followed it for years. If they have, then they should be able to pick up on what they should and shouldn't do. They need to do their homework on us, just as I have on them. And, to be fair, most of them have.

What makes you think twice about a contestant? The only way they annoy me is if they continue to make the same mistakes. Just be smart – it's not rocket science.

What happens behind the scenes that might surprise fans? The boardroom scenes are all natural. No one meddles once we are in that room. The producers are not telling me what to do.

Do you have anything exciting planned for next year's 20th series? We are already working on ideas. It's got to be a special occasion. I want a really good set of candidates for the 20th.

You liked...

The Franchise on Sky Comedy

Armando Iannucci's 2024 comedy series ran for just one season before being cancelled. Based around the filming of a superhero movie, it starred Himesh Patel and Jessica Hynes as stressed filmmakers, while Billy Magnussen and Richard E. Grant played needy cast members.

Now try this...

The Studio on Apple TV+

Released on 26 March, this comedy series will star Seth Rogen as Matt Remick, the new head of a struggling Hollywood movie studio who must deal with narcissistic actors and greedy money men. The cast includes Catherine O'Hara and Kathryn Hahn, plus cameos from Martin Scorsese, Charlize Theron and Zac Efron as themselves.

WORDS: RICHARD MCCLURE, ELAINE REILLY. PHOTOS: APPLE TV+, BBC, SKY

Look Who's Back...

A familiar face appearing in a new show this week

Idris Elba

NEW Idris Elba: Our Knife Crime Crisis

Wednesday, 9pm, BBC1

One of TV's most popular actors, Idris Elba's early career included 1990s roles as a prison officer in ITV's *The Governor* and a vampire hunter in C4's *Ultraviolet*. He made his name as drug kingpin Stringer Bell in US drama *The Wire* (2002-2004) and has also appeared in *Luther* as London cop DCI John Luther, family patriarch Walter in Sky comedy drama *In the Long Run*, and negotiator Sam Nelson in *Hijack* on Apple TV+.

HIS NEW APPEARANCE

In a BBC1 special, the actor explores the devastating effect of knife crime. He meets offenders, bereaved families, social workers and the police to understand youth violence, and discusses the problem with Prime Minister Sir Keir Starmer and King Charles III. 'So many people dismiss knife crime as a gang-related problem, but this couldn't be further from the truth,' says Elba. 'White, middle-class and rural areas are also affected, perpetrators are getting younger and fear is spreading.'

Campaigner Idris Elba investigates

WORDS: HANNAH DAVIES, NATASHA HOLT, TESS LAMACRAFT, IAN MACEWAN, RICHARD MCCLURE. PHOTOS: BBC, SHUTTERSTOCK, SKY, U&DAVE

Sir Andy Murray and Romesh Ranganathan

Racket man

Rom and the gang take on **Sir Andy Murray** and a host of Olympians

Sir Jason Kenny and Dame Laura Kenny

Tom Dean and Micah Richards

From left: Gamble, McNee and Kerrridge

Taste test

Michelin-starred chef **Lorna McNee** joins the judging panel

NEW COOKERY

Great British Menu

Tue-Thu, 8pm (times vary), BBC2

There's a new judge to impress when *Great British Menu* returns for its 20th series. Lorna McNee, head chef at Glasgow's Michelin-starred restaurant Cail Bruich, is joining host Andi Oliver and regulars Tom Kerridge and Ed Gamble, replacing Nisha Katona who left in 2024 after a three-year stint.

McNee is no stranger to the show having already won it as a contestant in 2019. 'Winning was amazing

Maisie Adam (far right) waits her turn

ENTERTAINMENT

A League of Their Own

Thursday, 9pm, Sky Max & Sky Showcase

This week's edition of *A League of Their Own* celebrates some of Britain's greatest-ever sports stars as tennis legend Sir Andy Murray and Olympic gold-medallist Keely Hodgkinson join host Romesh Ranganathan, team captains Jill Scott and Jamie Redknapp, and panellists Micah Richards and Alan Carr.

SWIM CHALLENGE

And it turns out to be a memorable episode for Richards, who tries to beat triple Olympic champion Tom Dean in a 100m freestyle race at the London Aquatics Centre.

As a non-swimmer, the former footballer was given an intensive course of lessons before the challenge. So how did he fare? 'Well, I didn't drown so that was a start,' laughs Richards, who had a 50m head-start on the Olympian.

As the teams take on other Olympic events, comedian Maisie Adam joins the gang for a velodrome cycling challenge set by husband-and-wife Sir Jason Kenny and Dame Laura Kenny, who have 12 Olympic golds between them.

BALL BOY

Ranganathan also joins in the fun when he tries to return a serve from Sir Andy Murray, who's twice won Olympic gold. Even though the Wimbledon champion reduced the speed of his serves to around 70mph, the rest of the panel were understandably dubious about his chances of hitting the ball back. 'I think Rom would struggle with Swingball,' teases Alan Carr.

Meanwhile, the final challenge sees Hodgkinson and Murray try their luck on an epic aerial challenge dubbed 'Mount Olympus'. To win, they must scale a huge structure and light an Olympic-style torch.

'The guests are brilliant this week,' says Richards. 'And Andy surprised me, too. People think he's dry, but he's got sharp banter and he came at me a few times!'

and it opened up all kinds of opportunities for me,' says the Perthshire-based chef. 'I was really honoured to be asked to be a judge. I can empathise with the chefs because I know exactly how nerve-racking it is as a former competitor myself.'

CREATIVE COOKS

This year's theme is 'Great Britons' with chefs from eight different UK regions competing to produce a dish for a sumptuous banquet that will be hosted at Blenheim Palace.

Host Andi Oliver

'Their dishes must honour a hero from their region – historical or modern,' explains McNee. 'The creativity from the chefs is really exciting and I learnt so much about local history, too.'

First up are four chefs – Jack Bond, James Hill, Livia Alarcon and Eddie Shepherd – who are competing to represent the north-west of England. Among the local heroes they are celebrating are activist Anne Williams, who campaigned to get justice for the victims of the Hillsborough disaster and who is honoured with a brand-new take on a Scouse pie, and Jim Cameron, a mountain-rescue pioneer, who is celebrated with a black garlic and yeast roasted potato starter created to resemble rough terrain.

'The standard of competition is incredibly high,' says McNee. 'Deciding who would go through each week was tough – but we were all united with our choices.'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

Guy Martin: Proper Jobs

Sunday, 8pm, U&Dave (box set, U)

Motorcycle racer-turned-TV presenter Guy Martin (above) tackles some of the UK's most demanding and often dangerous occupations for his new series. Across four episodes, he tries his hand at being a firefighter, a mountain-rescue dog handler and a wildlife warden, and begins this week by working as a trawlerman. How will he fare as he battles seasickness to learn how to gut hundreds of fish?

Atsuko Okatsuka: The Intruder

Saturday, 9pm, Sky Comedy

In her first TV special, American stand-up comedian and social-media star Atsuko Okatsuka (left) performs in Brooklyn, New York. Her routine includes riffs on pandemic hobbies, attending a Las Vegas strip show with her grandmother, her futile attempts to impress teenagers, and an encounter with an intruder at her Los Angeles home.

Silent Witness

Monday & Tuesday, 9pm, BBC1

In this week's two-parter, Nikki (Emilia Fox, left) is caught up in a medical emergency on a flight from Mumbai to London. After passenger Tony (Steve Oram) is taken ill, she suspects food poisoning. But when Tony suffers a cardiac arrest, Nikki gets assistance from former nurse Beth (Jo Hartley) and decides to perform a 'living autopsy' to investigate possible contagion.

Alison Hammond's Florida Unpacked

Mon-Fri, 6.30pm, BBC2 (box set, BBC iPlayer)

***This Morning* presenter** Alison Hammond, who used to be a tour rep, flies off to Florida to see if she and her son Aidan (left with Alison) can have an off-the-beaten-track adventure without breaking the bank. The 10-part series follows the pair as they share money-saving tips while enjoying Florida's best-kept secrets away from the tourist trail.

Saigon stories

Fifty years on, **Vietnam veterans** remember the war in a landmark series

tv+ Vietnam: The War That Changed America

NEW *Available:* Friday 31 January
Genre: Documentary
Season: 1 *Episodes:* 6

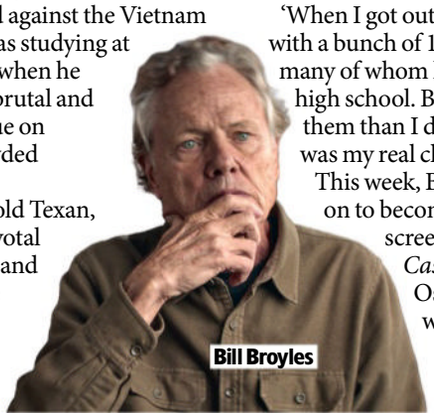
In the spring of 1968, as students around the world protested against the Vietnam War, Bill Broyles was studying at Oxford University when he saw footage of the brutal and bloody Battle of Hue on television in a crowded common room.

For the 23-year-old Texan, it proved to be a pivotal moment in his life, and soon afterwards he enlisted in the US Army, determined to serve his country in the controversial conflict.

'I grew up in a refinery town in Texas, with a bunch of working-class people. I realised those guys fighting in Vietnam were just like my high-school friends and I didn't want to abuse my privilege and have someone take my place,' explains Broyles in an exclusive interview with *TV&Satellite Week*.

'When I got out there I found myself with a bunch of 18, 19 and 20-year-olds, many of whom had not graduated from high school. But I learned more from them than I did in Oxford. Vietnam was my real classroom.'

This week, Broyles – who went on to become a successful movie screenwriter, penning 2001's *Cast Away* and earning an Oscar nomination for his work on 1995's *Apollo 13* – features in Apple TV+'s ambitious six-part documentary series *Vietnam: The War That Changed America*.


Bill Broyles

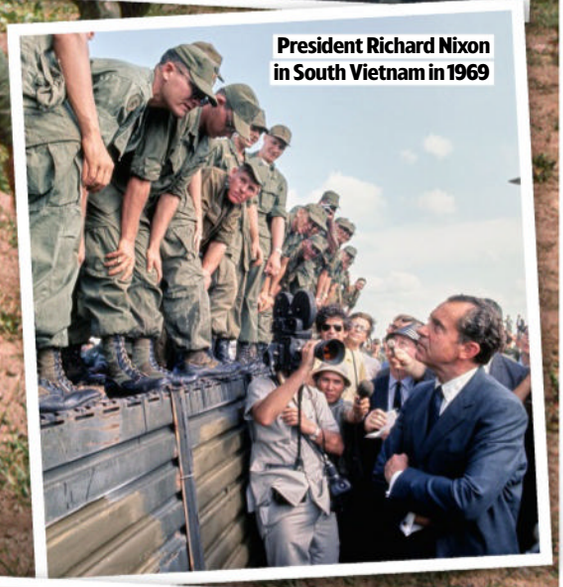
PERSPECTIVES

Produced to mark the 50th anniversary of the fall of Saigon, it features first-hand testimonies and archive footage to tell the extraordinary stories of those who lived through the war – soldiers and civilians from both sides of the conflict.

'President Nixon was already winding down the war when I got out there in 1969,' explains Broyles. 'I was a platoon commander and the war didn't make any sense to the men I was in charge of – and it didn't make any sense to me. These guys were as brave as any of the Marines in World War Two, but they weren't going to give their lives for nothing. My real mission out there was to keep us all alive.'

As American soldiers became ever

The docuseries deals with the tragic cost of the fighting



President Richard Nixon in South Vietnam in 1969

The Vietnam War raged for 20 years

more disillusioned by the war, there were cases of 'fragging' – the deliberate killing of gung-ho US officers who were risking their men's lives in dangerous missions. And Broyles was warned by a radio operator named Jeff Hiers that his life could be at risk.

After taking Hiers' advice, he scaled back his platoon's operations, possibly saving his own life in the process. The pair went on to become great friends and share a touching reunion in the documentary series.

'Jeff drove me insane when I first got to Vietnam; he was completely insubordinate,' laughs Broyles. 'But I love that guy and he helped keep me alive. Seeing him again after all these years was a wonderful moment.'

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX Missing You

Genre: Thriller Season: 1 Episodes: 5

The latest adaptation of a Harlan Coben crime novel is packed with his trademark twists and proves hard to resist. It centres on DI Kat Donovan (*Slow Horses*' Rosalind Eleazar) who goes on a new dating app only to be left dumbfounded when one of her suggested matches is her ex-fiancé Josh (*Top Boy*'s Ashley Walters) who vanished from her life 11 years ago. Meanwhile, Kat is searching for answers about the murder of her beloved police-officer father Clint (Sir Lenny Henry).

prime The Rig

Genre: Thriller Season: 2 Episodes: 6

Martin Compston (right), Iain Glen and Emily Hampshire reprise their roles of oil-rig workers in the second season of the supernatural thriller. Once again, they encounter the mysterious 'Ancestor'.

Acorn tv Darby and Joan

Genre: Drama Season: 2 Eps: 6 (released weekly)

The appealing chemistry between Greta Scacchi as widowed nurse Joan Kirkhope and Bryan Brown as former detective Jack Darby makes this Australian murder-mystery series an enjoyable watch.

Now in production...

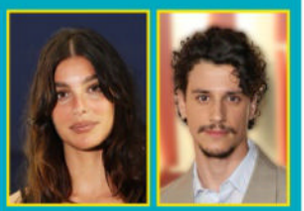
Three upcoming shows to look out for soon

ITVX The Dry

ITVX's Irish-set comedy will return for a final season, as recovering alcoholic Shiv Sheridan (Roisin Gallagher, above) has to take a stark look at the decisions she has made, while she and her dysfunctional family try to come to terms with a shocking secret.

tv+ Bad Monkey

Vince Vaughn (above) will reprise his role as disgraced cop-turned-health inspector Andrew Yancy for a second run of Apple TV+'s comic crime drama, inspired by Carl Hiaasen's novels. It will see Yancy become embroiled in more murder and mystery in the Florida Keys.



NETFLIX Something Very Bad Is Going to Happen

In Netflix's horror series, executive produced by *Stranger Things*' the Duffer brothers, Camila Morrone and Adam DiMarco (both above) will play a bride and groom beset by disaster.

WORDS: CAREN CLARK. JUDY EWENS, SEAN MARLAND. PHOTOS: ACORN TV, APPLE TV+, GETTY, NETFLIX

Margot and Jim fight for supremacy

Brides AT WAR

Reese Witherspoon and Will Ferrell play rival wedding planners in a riotous romcom

prime You're Cordially Invited

NEW *Available: Thursday 30 January*
Genre: Romantic comedy

Mayhem and mishaps ensue when two weddings are double-booked into the same venue on an idyllic island resort off the coast of Georgia in new Prime Video romcom *You're Cordially Invited*.

At the centre of the chaos are the rival family members who have planned the big days – high-powered exec Margot (Reese Witherspoon), who is organising her younger sister Neve's wedding, and Jim (Will Ferrell), the doting father of the other bride, Jenni.

The two try to outdo each other

RIVALRY

As each tries to ensure their own bridal party takes precedence, their feud escalates into an epic showdown, featuring cake catastrophes, sneaky sabotage and even a tussle between Jim and a deadly alligator!

'It's about a double-booked destination wedding and all the insanity that ensues,' says writer and director Nicholas Stoller, whose credits include movie hits *Forgetting Sarah Marshall* (2008) and *Get Him to the Greek* (2010).

'But for me, the story is really about the relationship between parents and siblings. To make good comedy, you have to have conflict and characters that fundamentally disagree with one another, or have cross purposes. But the emotional core is there, too.'

Meredith Hagner and Geraldine Viswanathan play rival brides Neve and Jenni, while the cast includes Keyla Monterroso Mejia as the resort's clueless wedding planner Heather, plus a cameo from former American-football star Peyton Manning.

The film is the latest project from Witherspoon's own production company, Hello Sunshine, which has previously brought us TV shows *Big Little Lies* and *Daisy Jones & The Six*.

'The company was born out of a frustration with not seeing the parts that I wanted and thinking there were not enough female voices in the entertainment industry,' explains Witherspoon. 'We need to understand how incredible and strong and dynamic women are in every facet, from every walk of life.'

Tempting back gamers: Poppy and Ian

Hit or Myth?

Can **Poppy and Ian** make their video game cool again?

tv+ Mythic Quest

NEW *Available: Wednesday 29 January*
Genre: Comedy Season: 4 Eps: 10
(two episodes from Wed 29 Jan, then released weekly)

Can a once in-demand video game recover from a dip in popularity? The *Mythic Quest* team are about to find out as they reunite for a fourth season of the Apple TV+ workplace comedy.

After the business branched off into two rival gaming companies last season, egotistical creative director Ian Grimm (co-creator Rob McElhenney), hapless exec producer David Brittlesbee (David Hornsby), lead engineer Poppy Li (Charlotte Nicdao) and spirited games tester Dana Bryant (Imani Hakim) are all back together again under the fluorescent office lights of Mythic Quest HQ.

A united team is crucial after the proposed *Mythic Quest* movie fell through and gamers started leaving. As Ian and co tackle the daunting task of making the game a hit again, they're faced with new challenges of the changing landscape of the video-game industry – not least the rise of user-generated content and AI chatbots.

Meanwhile, Poppy gets a new boyfriend, David lands in court, and Ian becomes wildly jealous of Dana's recent success…

In good news for fans, a spin-off anthology series, *Side Quest*, is set to air on Apple TV+ in March, and will explore the impact of the game on employees and players.

'What I try to do with any of my shows is to take a different look at what's traditionally been done,' says McElhenney. 'I try to tell a story through a different lens.'

WORDS: CAREN CLARK, REBECCA MAHONEY, RICHARD MCCLURE, VICTORIA WILSON. PHOTOS: APPLE TV+, BBC, ITV, NETFLIX, PRIME VIDEO, SKY, U&W

SEOUL SEARCHING

CIA lawyer **Owen Hendricks** goes undercover in South Korea

Owen Hendricks (Noah Centineo)

NETFLIX The Recruit

NEW *Available: Thursday 30 January*
Genre: Drama Season: 2 Eps: 6

What started out as a mundane job quickly turned into high-stakes espionage for rookie CIA lawyer Owen Hendricks, who's back this week for a covert operation in South Korea.

The spy drama's six-part second run picks up straight after Season 1's finale, with Owen (Noah Centineo) kidnapped by Nichka, aka Karolina (Maddie Hasson), the daughter of rogue Russian asset Max Meladze (Laura Haddock) whom he thought was dead.

Star Maddie Hasson

But after a last-minute rescue operation and orders to stay put in his office, the stakes continue to rise for the daredevil lawyer when a cryptic note from Korea lands on his desk. Owen begs his boss, Walter Nyland (Vondie Curtis-Hall), to send him to Seoul, where he lived as a child when his father was stationed there. But will he create even more mess for the agency?

'Owen's headspace is in complete chaos after witnessing Max, the former CIA asset who he almost died multiple times trying to protect, get shot by her daughter,' says Centineo, 28. 'But while Korea carries a heavy weight for him, it also brings back sweet memories from his childhood. It's fertile ground for the vicious and life-threatening fun Owen loves to find himself in the middle of.'

INTERNAL THREAT

Inspired by the experiences of former CIA lawyer and executive producer Adam Ciralsky, the show introduces new characters for Season 2, including intelligence officer Grace (Young-Ah Kim), senior US diplomat Tom Wallace (Felix Solis) and businessman Oliver Bonner-Jones (James Purefoy).

But when Owen joins forces with South Korean National Intelligence Service agent Jang Kyun (*Past Lives*' Teo Yoo), he begins to suspect that the most dangerous threat could be within the CIA itself.

'What happens in *The Recruit* is not a massive exaggeration by any means,' says Centineo. 'It's so crazy to think that this is what it's like.'

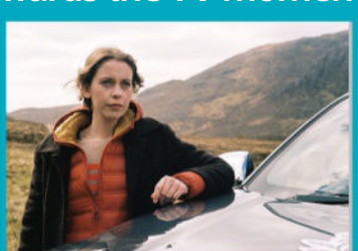
EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

sky box sets NOW

The Lost Women Spies

Sky History's documentary series explores how female agents were secretly sent behind enemy lines to aid the French Resistance as part of the Special Operations Executive in World War Two.



BBC iPLAYER

The Island (An t-Eilean)

After a woman is murdered in BBC iPlayer's Gaelic whodunnit, family liaison officer Kat Crichton (Sorcha Groundsell) returns to her one-time home in the Outer Hebrides to assist the investigation.

itvX

Grantchester

Reverend Will Davenport (Tom Brittney) decides to head off to a new parish in ITV1's period crime drama, but he struggles to break the news to his friend and crime-solving partner DI Geordie Keating (Robson Green).

U sky box sets Virgin media

Pete Wicks: For Dogs' Sake

When the ex-*Strictly* star helps out at the Dogs Trust in U&W's fly-on-the-kennel-wall series, he meets pregnant poodle Mel and pug Murphy, who needs an op.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Big Boys

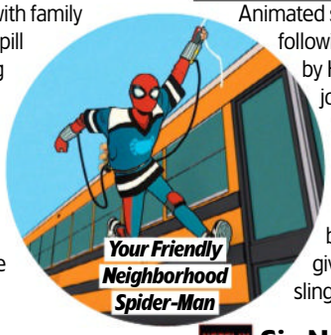
Sunday 26 January

In the third season of the comedy drama centring on the unlikely friendship between shy, newly out Jack (*Derry Girls*' Dylan Llewellyn) and laddish mature student Danny (*Plebs*' Jon Pointing), the gang enter their final year at Brent University.

Veronika

Monday 27 January

Swedish psychological thriller. Police officer Veronika Gren (Alexandra Rapaport) is dealing with family troubles and a secret pill addiction while having haunting visions of the victims of an unsolved crime. As she tries to work out if the visions are real or just a figment of her imagination, those around her start to question her sanity.



Paradise

Tuesday 28 January

The tranquillity of an idyllic community inhabited by some of the world's most prominent individuals is turned upside down when a shocking murder is committed, and a high-stakes investigation unfolds. *This Is Us*' Sterling K. Brown, *Jury Duty*'s James Marsden, *Person of Interest*'s Sarah Shahi and *Mare of Easttown*'s Julianne Nicholson star. See feature, page 6.

Liza Treyger: Night Owl

Tuesday 28 January

Debut stand-up special from the Ukrainian-born American comedian in which she riffs about the embarrassment of having immigrant parents and the algorithms running her life.

Mythic Quest

Wednesday 29 January

Welcome to Wrexham's Rob McElhenney stars in the fourth season of the comedy series set in a fictional video-game studio. The reunited team at Mythic Quest face new challenges in the changing landscape of the industry. See feature, page 16.

Your Friendly Neighborhood Spider-Man

Wednesday 29 January

Animated superhero series following Peter Parker (voiced by Hudson Thames) on his journey to becoming Spider-Man in the Marvel Cinematic Universe after the 15-year-old is bitten by a spider which gives him his web-slinging powers.

Six Nations: Full Contact

Wednesday 29 January

The second season of the sports docuseries goes behind the scenes of the 2024 Six Nations Championship as England, France, Ireland, Italy, Scotland and Wales battle it out to take home rugby union's prestigious international trophy. See documentaries, page 21.

Mo

Thursday 30 January

Palestinian refugee Mo (Mohammed Amer), on the path to US citizenship, accidentally ended up in Mexico in the first season of the comedy drama. He's desperate to return to Houston before his family's asylum hearing, but as a stateless refugee without a passport, he'll need all the hustle and charm he can muster.

Fatal Crossing

Friday 31 January

Danish crime drama from Walter Presents. Nora Sand (Marie Sandø Jondal), a Danish journalist working in London, investigates the disappearance of two girls from a ferry in the 1980s, and soon begins to fear for her own life.

Killer Performance

Thursday 30 January

Three analysts – ex-FBI Behavioral Science Unit agent Jana Monroe, former military interrogator Lena Sisco and body-language expert Mark Bowden (pictured) – look at cases where notorious killers tried to manipulate the public.

The Recruit

Thursday 30 January

In the second season of the spy adventure, CIA lawyer Owen Hendricks (Noah Centineo) is pulled into a life-threatening espionage situation in South Korea, only to realise that a bigger threat might be coming from inside the agency. With *The Rookie*'s Nathan Fillion, Teo Yoo (*Past Lives*) and James Purefoy. See feature, page 17.

Vietnam: The War That Changed America

Friday 31 January

To coincide with the 50th anniversary of the end of the Vietnam War, this six-part docuseries, narrated by actor Ethan Hawke, tells the stories of those who lived through the war, combining archival footage with first-person testimony. It also examines how the war fundamentally changed America. See feature, page 14.

School Spirits

Friday 31 January

The supernatural teen drama returns and picks up the action from the Season 1 finale. Teenager Maddie Nears (*Cobra Kai*'s Peyton List) is still stuck in the afterlife, but now, knowing what happened to her, she must unite her friends in the spectral and living worlds to reclaim her stolen life.

Lucca's World

Friday 31 January

Mexican drama based on a true story. A mother (Bárbara Mori) takes her family to India to pursue an experimental therapy that may help her son Lucca (Julián Tello) who has cerebral palsy.

Netflix's *Mo*

High Tides

Friday 31 January

Season 2 of the Belgian drama following a group of teenagers as they spend the summer at the seaside searching for love, friendship and themselves.

The Snow Girl

Friday 31 January

The second season of the Spanish crime drama. This time journalist Miren Rojo (Milena Smit) investigates an elite school that seems to be at the centre of the disappearance of one girl and the murder of another.

Dark Match

Friday 31 January

Horror film. A small-time wrestling company accepts a gig in a backwoods town only to learn, too late, that the event is a pay-per-view fight to the death. Starring wrestler Chris Jericho.

WORDS: JUDY EWENS. PHOTOS: ©2025 DISNEY AND ITS RELATED ENTITIES, C4, NETFLIX, PARAMOUNT+

Documentaries

Anita Lasker-Wallfisch in 1945

Music of hope

How the **Auschwitz orchestra** saved the life of a talented cellist

NEW FACTUAL

The Last Musician of Auschwitz

Monday, 9pm, BBC2

Marking the 80th anniversary of the liberation of Auschwitz, feature-length documentary *The Last Musician of Auschwitz* recounts the remarkable story of Anita Lasker-Wallfisch, the only surviving member of the Nazi death camp's Women's Orchestra.

In the film, Lasker-Wallfisch recounts being stripped naked on arrival. 'It was done by prisoners, and one of them asked: "What did you do before the war?"' recalls the 99-year-old. 'I said I used to play the cello, and she told me there was an orchestra in Auschwitz and they needed a cellist. And she went to find the conductor.'

This stroke of good fortune meant that, for the time being, the Nazis had a reason to keep her alive.

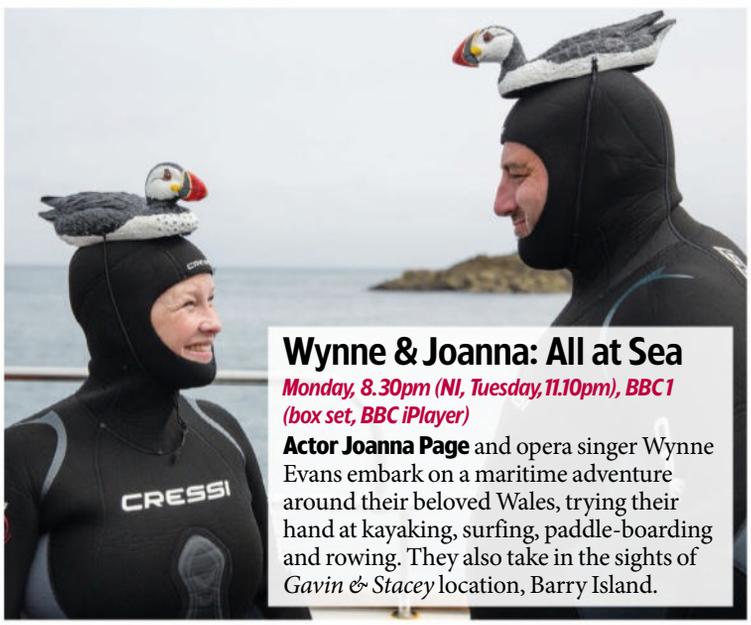
'We had to play marches every morning and evening at the gate, so prisoners going to nearby factories could march in step,' reveals Lasker-Wallfisch, who moved to England after the war. 'We also gave concerts most Sundays, and had to be ready to play for any SS personnel.'

Her cellist son Raphael Wallfisch also appears in the documentary, performing music at Auschwitz that his mother would have played there. He reveals that

Mysterious Islands

Sunday, 8pm, National Geographic

This series features fascinating islands from around the globe, from a Venetian isle ravaged by the Black Death and a Pacific atoll used for nuclear testing to a Scottish island which was used as a quarantine site for syphilis patients. First up, cameras visit the Isle of Wight to uncover a discovery of dinosaur bones.



Wynne & Joanna: All at Sea

Monday, 8.30pm (NI, Tuesday, 11.10pm), BBC1 (box set, BBC iPlayer)

Actor Joanna Page and opera singer Wynne Evans embark on a maritime adventure around their beloved Wales, trying their hand at kayaking, surfing, paddle-boarding and rowing. They also take in the sights of *Gavin & Stacey* location, Barry Island.

Carole King and James Taylor: Just Call Out My Name

Saturday, 8.35pm (Wales, 10pm), BBC2

A look at the early history of the multi-Grammy winning artists, Carole King and James Taylor – from their early partnership, writing and performing together to their solo careers. The film features archive footage plus songs from their reunion shows in 2007.

WORDS: HANNAH DAVIES. IAN MACEWAN. PHOTOS: ALAMY, BBC, BARN MEDIA LTD/BBC CYMRU WALES, C4, GETTY, NATIONAL GEOGRAPHIC, SKY

Wallfisch and his string quartet play in tribute at Auschwitz

one request for an impromptu performance came from the infamous Dr Josef Mengele, who carried out deadly experiments on prisoners.

IRONIC

'Mengele requested a Schumann piece that depicts idyllic scenes of childhood,' says Wallfisch. 'It's a great irony, considering what he was busy doing.'

He recalls that, growing up in England, he was shielded from learning about his mother's wartime experiences. 'Understandably, my mother wanted me and my sister Maya to grow up as normal as possible. So questions like: "What is that number on your arm?" were brushed aside.'

Wallfisch's haunting performances at the camp highlight the bizarre incongruity of such beautiful classical music being played against a backdrop of mechanised mass murder.

'For my mum, playing certainly helped keep her mind off what was happening,' explains Wallfisch, who believes the film also offers a message of hope.

'More things join us as human beings than divide us,' he says. 'Music is definitely one of them, and it speaks to everybody.'

FAMILY FOOTSTEPS

Last year's Sky Atlantic drama *The Tattooist of Auschwitz* recounted the true story of how Lali Sokolov fell in love with fellow prisoner Gita at the notorious Nazi death camp. Now, in *The Tattooist's Son: Journey to Auschwitz* (Mon, 9pm, Sky History & Sky Showcase), the couple's son Gary (left) takes an emotional journey to Auschwitz to learn about the horrors his parents endured there. He also meets Heather Morris, author of the book the drama was adapted from, actors Jonah Hauer-King and Anna Próchniak, who starred in the series, and Auschwitz survivor, Abram Goldberg.

Inside the Factory

Tuesday, 8pm, BBC1

This week Paddy McGuinness visits a factory that produces 3 million books every week. While he follows the printing process for classic novel *Pride and Prejudice*, Cherry Healey learns how an intricate design is printed onto cloth for the hard covers and historian Ruth Goodman uncovers the extraordinary origins of Braille.

The Fear Clinic: Face Your Phobia

Tuesday, 8pm, C4

More people face their fears this week as they try to overcome unusual phobias. Tracey, a mother of twin boys, seeks help for her fear of open water which she feels is ruining family holidays. Meanwhile, mathematician Devereaux is keen to deal with his phobia of sausage dogs.

England's Marcus Smith

NEW FROM NETFLIX

LEADERS of the pack

Cameras go behind the scenes with the stars of rugby's **Six Nations**

NEW FACTUAL

Six Nations: Full Contact

From Wednesday 29 January, Netflix

England fly-half Marcus Smith comes under the spotlight in the second outing of Netflix's glossy sports series *Six Nations: Full Contact*, which goes behind the scenes of last year's rugby Six Nations Championship, in which Smith scored an incredible winning drop goal against eventual title winners Ireland.

'Rugby is getting massive, the sport is reaching a different audience and it's just amazing to be a part of,' says Smith, 25.

'We compete as hard as we can in training because we're desperate to get selected,' says the Harlequins fly-half. 'The Six Nations is very intense and that's how you want to practice because we know the games are going to be like that.

'Unfortunately in the hardest, most intense training session of the week, I felt a massive pop in my right calf. I was like, "This is not good news." The last thing I wanted to do was let the boys down.'

As well as all the action from the games, the fly-on-the-wall docuseries also takes a closer look at the off-field lives of the top players. Smith is seen shopping for a flash new car, while later in the series, cameras catch up with Scotland winger Duhan van der Merwe and his wife Nika, Wales' lock Dafydd Jenkins, and England full back Freddie Steward as he fights for his place in the team.

Meanwhile, England's Jamie George shares what it was like to bravely lead out his team against Scotland for the Calcutta Cup clash just days after losing his mum, Jane, to cancer.

'You don't know how to feel, you don't know how to think,' says George, 34. 'My mum was the biggest rugby fan and she loved watching me play, and when all's said and done, I've got the opportunity to make some people very proud, whether they're in the stands, whether they're watching at home or whether they're not with us any more.

'I wanted her to be there in that moment and I just had a quiet word: "Come on mum, talk to me."'

● Turn to page 28 for our guide to the 2025 Six Nations Championship.

Dan Sheehan of Ireland

Films Pick of

PREMIERE OF THE WEEK

FURIOSA
A Mad Max Saga

Anya Taylor-Joy takes on a villainous **Chris Hemsworth** in this blistering prequel

SCI-FI ACTION

Friday, 11.40am & 8pm, Sky Premiere ★★★★

If George Miller's *Mad Max: Fury Road* was the ultimate stripped-down road movie, his latest takes a very different path. *Furiosa* is a sprawling epic about the origins of that character, first encountered in *Fury Road* and played by Charlize Theron, here brought to life by Anya Taylor-Joy.

From her capture as a child (first played early by Alyla Browne) by bombastic, sadistic Dementus (Chris Hemsworth) after he tortures and murders her mother, before being taken under the wing by the equally cruel Immortan Joe (Lachy Hulme), a vengeful Furiosa (Taylor-Joy) won't be detered until she has hunted down the man who killed her parent. But with a film kicking 150 minutes, there are more battles and hardships to endure before that...

The post-apocalypse desert world Miller has created for his *Mad Max* franchise is bleak and ferocious, but Taylor-Joy is more than a match for it: tough, cunning and determined. She's also in the middle of most of those outlandish, jaw-dropping action set-pieces that have become a trademark of the series.

Miller attempts something more than just gargantuan, flaming stunts, though. This is the most fully realised of the *Mad Max* films – and it doesn't even include Max himself. It's a spectacular opus with Taylor-Joy's beating heart at the centre of it all and with her at the wheel, expect carnage... 2023, 15, 148MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

the Week's Best Films

COMEDY BIOPIC

Flamin' Hot

Monday, 9pm, Film4 ★★★

Star-turned-director Eva Longoria salutes her Mexican American heritage with this comic biopic of Richard Montañez (Jesse Garcia), a janitor in a California snack-food factory who rose to the boardroom – and who claimed to have invented the wildly successful spicy flavouring of the title. Montañez's boast has been challenged but that doesn't spoil Longoria's snappy, tongue-in-cheek movie. Indeed, the film playfully acknowledges its protagonist's penchant for exaggerating the truth, with Garcia's Montañez freezing the action every so often to admit things didn't actually happen like that. Colourful supporting performances from Annie Gonzalez (as his wife), Dennis Haysbert (his mentor) and Tony Shalhoub (his boss) simply add to the fun. 2022, 12, 99MIN

The heat is on: Jesse and Dennis

CRIME THRILLER

The Last Stop in Yuma County

Sunday, 10.25am & 10.15pm, Sky Premiere

★★★★

A glorious piece of twisty storytelling, this modern western noir mostly takes place in a dusty, desolate diner where a few customers wait for a fuel truck so they can be on their way. Trouble is, two of those patrons (Richard Brake and Nicholas Logan) are cruel criminals with a stash of stolen loot in the trunk of their car – delivering death threats to waitress Jocelin Donahue and knife salesman Jim Cummings to keep their identities secret and their mouths shut... What starts a a fairly conventional thriller ends up going way off the rails in a wildly entertaining manner, with first-time writer-director Francis Galluppi keeping the tension and craziness held together with a sure touch. There's a Coen Brothers element to this (especially the likes of *Blood Simple* and *Fargo*), but Galluppi proves to be his own man and plays with the audience like an old pro. 2023, 15, 90MIN

Drive through: Jocelin, Jim and co

Nowhere to run: Samara

HORROR

Azrael

On now, on demand, Shudder ★★★★

A lean, mean, bloody machine, *Azrael* is set in a post-Rapture dystopia, where those of 'faith' live in dank camps out in the forest and are forbidden to speak – although they are more relaxed about torture and murder – as a young woman (a terrific Samara Weaving) is about to be sacrificed to demonic, blackened beings. She has other ideas. Escaping, she stays ahead of her would-be captors (and the creatures), before turning the tables on them... Although not for everyone (it's gory in the extreme), Weaving's vengeful transformation is an astonishing, almost wordless, thrill ride. 2024, 18, 86MIN

COMEDY

Timestalker

Saturday, 6.20am & 6.20pm, Sky Premiere ★★★★

A fixated Alice Lowe (who also wrote and directed) searches out her one true love (Aneurin Barnard) throughout several reincarnations – even though he barely registers her – in this smart, sharp comedy about obsession. Lowe goes from 17th-century Scotland to the Georgian era and beyond, each time coming a cropper, but always believing her fulfilment comes from another. Aside from bringing a top performance, Lowe the film-maker delivers a great looking film with an ingenious, often hilarious script – a sardonic slice of romance like no other. 2024, 15, 89MIN

How to get a head: Alice

FilmFinder The best of the week at a glance

Classic Western

Hondo

Monday, 7.50am & 1.35am, Sky Greats ★★★★

As frontier scout Hondo, John Wayne's best friends are his gun and his dog. A lean Western in which every line of dialogue is made to count. 1953, PG, 84MIN

True Grit

Monday, 12.55pm, Film4 ★★★★★

John Wayne barges his way to his only Oscar as cantankerous, one-eyed lawman Rooster Cogburn. Dennis Hopper and Robert Duvall are the baddies in a film full of perfect moments. 1969, PG, 128MIN

Broken Arrow

Thursday, 1.10pm, Film4 ★★★★

This exciting and moving Western, starring James Stewart as a frontier scout, was a landmark film in Hollywood history in its sympathetic portrayal of Native Americans. 1950, PG, 93MIN

The Man Who Shot Liberty Valance

Fri, 8pm, GREAT! action ★★★★★

In John Ford's great Western, Lee Marvin is gunslinger Liberty Valance, John Wayne a man who stands up to him and James Stewart a lawyer. 1962, U, 122MIN

Family

Raiders of the Lost Ark

Saturday, 9pm, Film4 ★★★★★

Witty, breathlessly paced and thrilling, this is a classic blockbuster. Harrison Ford is ideal as Indiana Jones and he and Karen Allen try to stop the Ark of the Covenant falling into Nazi hands. 1981, PG, 115MIN

Ace Ventura: When Nature Calls

Tuesday, 9.40pm, Sky Greats ★★★

As wacky pet detective Ace, Jim Carrey's skilful clowning raises lots of laughs in this sequel. He's in Africa on the trail of a stolen great white bat. 1995, PG, 89MIN

A Tiger's Journey

Thursday, 11.05am & 10.10pm, Sky Family ★★★

Runaway Nepalese orphan Sunny Pawar adopts an orphaned tiger cub and goes on an epic quest into the Himalayas. A routine but handsome tale. 2023, PG, 94MIN

The Hobbit: An Unexpected Journey

Friday, 4pm, Sky Family ★★★

Ian McKellen's wizard Gandalf persuades Martin Freeman's hobbit Bilbo Baggins to embark on a perilous quest in this long but enjoyable first film. 2012, 12, 169MIN

Action

Assassin Club

Friday, 10.55pm, Film4 ★★

A good-guy assassin (he only kills bad 'uns) is forced into a deadly game with six other paid killers. Henry Golding handles the lead role with aplomb, but the convoluted script scuppers much of the fun. 2023, 15, 111MIN

Silent Night

Friday, 12.05am, Sky Stunts ★★★★

This brilliantly brutal gunfest from action maestro John Woo is a wordless (bar a spot of police radio), grimly entertaining shoot 'em up starring Joel Kinnaman as a dad out for revenge. 2023, 15, 144MIN

EDITOR'S CHOICE

Monkey Man

Thu, 11.50pm, Sky Stunts ★★★★

When we first see co-writer-director-star Dev Patel he's in an Indian city in a monkey mask, being battered senseless in an underground fight ring. He's also reeling from childhood memories of his mother's death and a corrupt system. So now he embarks on a roaring rampage of revenge. Patel borrows from other action movies, but he gives things a cultural twist to make it fresh. The result is a knock-out. 2024, 18, 121MIN

Sci-Fi

Don't Look Up

On demand, Netflix ★★★★

What would you do if a comet was due to hit Earth, leading to extinction? Leonardo DiCaprio and Meryl Streep are among the A-listers in the firing line in this gaudy, stark raving mad sci-fi. 2021, 15, 138MIN

I.S.S.

Monday, 7.35am & 3.25am, Sky Sci-Fi/Horror ★★★

Nuclear war breaks out on Earth, leading to a US-Russia stand-off aboard the confines of the International Space Station. A sweaty-palmed thriller. 2023, 15, 96MIN

Arrival

Fri, 8pm, Sky Sci-Fi/Horror ★★★★★

Dotted about Earth are 12 alien spacecraft and linguist Amy Adams and scientist Jeremy Renner race to find out what they want, while the world's military gets jumpy. A terrific sci-fi. 2016, 12, 116MIN

I, Robot

Friday, 12.10am, C4 ★★★★

Inspired by the stories of Isaac Asimov, this cracking sci-fi thriller finds Will Smith as a robot-hating detective convinced that a hi-tech helper has killed scientist James Cromwell. 2004, 12, 115MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 25 January

COMEDY FANTASY

Nightbitch

On demand, Disney+ ★★★

Sex ●●● Violence ●●● Language ●●●

Sinking her teeth into her role as a mum who believes she's turning into a dog, Amy Adams lets out a howl against the woes of modern womanhood in this fierce feminist fable. With her well-meaning but ineffectual husband Scoot McNairy away for work, stay-at-home mum Adams notices strange things happening to her… Writer-director Marielle Heller's adaptation of Rachel Yoder's novel delivers briskly comic, sometimes biting satire, though the contrived and cosy resolution lessens its impact. From 24 Jan. 2024, 15, 99MIN

It's a dog's life: Amy

SCI-FI

Plan 9 from Outer Space

12.35pm, Talking Pictures ★

Sex ●●● Violence ●●● Language ●●●

Edward D Wood's poverty-stricken sci-fi has achieved cult status as the worst movie ever made – so this inept hoot is a must-see. Paper plates and hub caps are used for flying saucers and the plot would be insane if it made any sense. Bela Lugosi died several days into filming (and was replaced by Wood's dentist), while the now legendary Vampira, Criswell and Tor Johnson carry on regardless. 1958, PG, 79MIN

ACTION COMEDY

Free Guy

9.30pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Eternal optimist Guy (Ryan Reynolds) is a videogame NPC (non-playable character) who becomes an unlikely hero after kick-ass player Molotov Girl (Jodie Comer) prompts him to deviate from his protocols. Meanwhile, Taika Waititi, the game's sneaky developer, plots to shut it down... With a deft script that takes in existential angst, corporate greed, artistic integrity and people power this is a perfectly played, eye-popping slice of fun. 2020, 12, 110MIN

DRAMA

Official Secrets

11.50pm, BBC1 (12.20am Wales, 1.05am Scot) ★★★★

Sex ●●● Violence ●●● Language ●●●

Duty versus loyalty is the dilemma facing intelligence specialist Katherine Gun (Keira Knightley) in this gripping real-life thriller. It's 2003, the eve of the Iraq War, and at GCHQ Gun sees evidence the US is asking the UK to spy on UN Security Council members to help swing the vote to sanction war. Should she respect the Official Secrets Act or turn whistleblower? It's a tense watch finding out. 2019, 15, 112MIN

ANIMATION

Isle of Dogs

1.25am, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Wes Anderson has made some of the most quirky films of the last few decades and this irresistibly charming stop-motion animation is one of his best. In a futuristic Japan, all dogs have been banished to an island, but a boy sets off to save his pet. With a pedigree voice cast (including Bryan Cranston) and amazing animation, this is an absolute treat. 2018, PG, 101MIN

■ Full listings start on p35

Sunday 26 January

HORROR

Infinity Pool

On demand, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

While on holiday on an island paradise, Alexander Skarsgård accepts an invite from couple Mia Goth and Jalil Lespert to take a drive. One dead farmer later, he's facing a death sentence. Fortunately (or maybe not…), the island has a get-out clause that satisfies its strict tradition of justice. To reveal more would spoil the surprises – suffice to say that it's a road that quickly leads to depravity. The uninhibited acting and visuals are superb, but for all the film's gratuity and excess, it's a tad shallow. From today. 2023, 18, 117MIN

Wild ride: Mia

ANIMATION

Minions

2.15pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

In their first spin-off adventure, the *Despicable Me* zany, scene-stealing sidekicks prove as kookily cute and irresistibly funny as ever. It turns out that they've always been in the henchman game, attaching themselves to the biggest, baddest, most despicable villain of any given era. Now, in 1960s London, haughty baddie Scarlet Overkill (voiced by Sandra Bullock) takes three plucky Minions to steal the Queen's crown. 2015, U, 91MIN

MUSICAL ROMANCE

Cyrano

10.30pm, BBC3 ★★★

Sex ●●● Violence ●●● Language ●●●

In director Joe Wright's version of Edmond Rostand's play *Cyrano de Bergerac*, the hero doesn't brandish a giant hooter. Instead, it's Peter Dinklage's dwarfism that stops him from professing his love for cousin Roxanne (Haley Bennett), choosing instead to put his words in the mouth of Kelvin Harrison Jr's dashing dullard. Though the musical side is dreary and unmemorable, this is a good-looking, well-acted frock opera. 2021, 12, 124MIN

WAR DRAMA

Schindler's List

10.30pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

In Poland during World War Two, businessman Oskar Schindler (Liam Neeson) uses the cheapest Jewish slave labour in his factory. However, his attitude gradually changes and, using his unsurpassed talent for bribing Nazi officialdom, saves more than 1,000 of his workforce. Director Steven Spielberg's extraordinary testament and memorial to the Holocaust is a towering achievement that won seven Oscars. 1993, 15, 195MIN

THRILLER

Misery

12m't, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Best-selling author James Caan is badly injured when his car crashes in a blizzard. Enter Oscar-winning Kathy Bates as his 'number one fan', a deranged ex-nurse who first rescues him, then forces him to write a new novel while locking him up in her house and gruesomely ensuring he can't escape... The tension mounts to fever pitch in this excellent version of Stephen King's story. 1990, 15, 107MIN

■ Full listings start on p45

HOME PREMIERES

*New movies to buy or rent on **Sky, Virgin, Prime Video** and more*

Hooking up: Moana and Maui

ANIMATION

Moana 2

From Tuesday ★★★

Sex ●●● Violence ●●● Language ●●●

Originally conceived as a TV series, this sequel to Disney's hit musical adventure fails to hit the same heights. Plucky young Moana (voiced by Auli'i Cravalho) is again on an ocean-spanning quest to save her South Sea island, accompanied by a trio of fellow islanders as well as her pet pig and chicken. But it's almost an hour before she joins up with her former companion, shape-shifting, swaggering, tattooed demigod Maui (Dwayne Johnson), which is a great shame. The thin plot, underwhelming songs and jarring modern touches let things down, but the ravishing animation will keep you on board. 2024, PG, 100MIN

The art of seduction: Noémie

DRAMA

Emmanuelle

On all week ★★

Sex ●●● Violence ●●● Language ●●●

This loose, modern-day remake of the 1974 erotic drama tells the adventures of Emmanuelle (Noémie Merlant) through a feminist lens, a tall order the film struggles to pull off. The plot, such as it is, revolves less around luxury hotel inspector Emmanuelle's quest for sexual fulfilment than on her scheme to force Naomi Watts' Hong Kong hotel manager out of her job. Along the way, there are lots of would-be steamy episodes, but viewers are more likely to drool over the extravagantly plush settings than the sex. From 24 Jan. 2024, 18, 105MIN

Weekday movies over page

Weekday movies

Monday 27 January

COMEDY HORROR

The Blackening

10.55am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

In a rollicking spoof, an all-black cast skewers the slasher-film trope that the black character always dies first. Seven pals rent a cabin (in the woods, naturally) for a weekend and stumble on The Blackening, a board game centred on racist caricatures. They play, triggering a recording of a figure who subjects them to some nasty puzzles. Jokes are cracked, the mystery deepens and the strong cast (including Sinqua Walls, Antoinette Robertson, Grace Byers and Jermaine Fowler) is whittled down. 2022, 12, 97MIN

Candlesticking with it: Antoinette

SCI-FI COMEDY

Ghostbusters: Frozen Empire

6am & 12.15am, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

In this sequel to 2021's *Afterlife*, Carrie Coon, Paul Rudd, Finn Wolfhard and Mckenna Grace are keeping a lid on New York's ghosts. Then their ghost unit goes on the blink and an evil spirit that turns things to ice is let loose... There's too much going on and an unwieldy line-up of stars, but the familiar faces are pleasing in a sharp and funny, if not essential, series entry. 2023, 12, 115MIN

LEGAL THRILLER

Runaway Jury

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

This gripping courtroom drama, based on a John Grisham novel, follows the trial of a gun manufacturer. Gene Hackman is a scheming jury fixer ('Trials are too important to be left to juries!') and Dustin Hoffman the prosecuting attorney, while juror John Cusack and Rachel Weisz cause all sorts of problems. The stars all give charismatic turns and, as the tension mounts, this thriller cleverly reveals what's really going on. 2003, 12, 127MIN

ROMCOM

Crazy Rich Asians

8pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Constance Wu's New Yorker is in for a shock when she finds that her long-time boyfriend (Henry Golding) comes from a fabulously rich family – and that he is the highly eligible bachelor heir to its enormous fortune. But will she fit in with his impossibly swanky moneyed set? Based on Kevin Kwan's best-selling 2013 novel, this breezy romcom is a decidedly old-fashioned affair, but always endearing. 2018, 12, 121MIN

DRAMA

Sound of Metal

11.05pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Riz Ahmed is electric as heavy-metal drummer Ruben, whose life is upended when he develops drastic hearing loss. He checks into a home for deaf recovering addicts run by Paul Raci, who helps his charges get to grips with their new way of living. Entirely captioned and featuring immersive sound design, this drama is a powerful, profound experience. 2020, 15, 120MIN

■ Full listings start on p55

Tuesday 28 January

CRIME DRAMA

Out of the Furnace

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

This tragic revenge drama about two blue-collar brothers battered by fate in a dying rust-belt town in Pennsylvania is undeniably bleak, but the powerhouse performances keep you glued, as does the film's vividly atmospheric sense of place. Christian Bale stars as a doggedly loyal, morally upright steel worker who strives to stand by his reckless younger brother (Casey Affleck), a troubled Iraq war veteran, who's entangled with a psychopathic backwoods crime boss (Woody Harrelson). 2013, 15, 117MIN

Hot under the collar: Christian

DRAMA

Freud's Last Session

4.30pm, Sky Drama ★★

Sex ●●● Violence ●●● Language ●●●

This stagey drama sees a fictionalised meeting between a cancer-stricken Sigmund Freud (Anthony Hopkins) and a young CS Lewis (Matthew Goode). Hopkins is typically good value as the cantankerous psychoanalyst, while Goode slips smoothly between self-satisfied and haunted. But with the debate stifled by needless flashbacks and asides, the philosophical sparring lacks a vital knockout punch. 2023, 12, 108MIN

THRILLER

The Operative

9pm, GREAT! action ★★★

Sex ●●● Violence ●●● Language ●●●

A convoluted espionage thriller starring Diane Kruger as an enigmatic Israeli intelligence agent whose loyalties are tricky to pin down. When the movie opens she has apparently gone rogue, leaving it to her old handler (Martin Freeman) to bring her back into the fold, while also keeping her safe from his more cutthroat Mossad colleagues. It's hardly a top-rank spy film, but there are a few genuinely gripping episodes. 2019, 15, 117MIN

ACTION

The Transporter

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Jason Statham is perfectly cast as a France-based underworld courier who transports anything for a price, no questions asked. But when the latest package in his car boot turns out to be feisty Shu Qi, Statham turns into a fighting man with a mission. A cracking action thriller that doesn't take itself too seriously, this expertly delivers its martial arts fight scenes and screeching car stunts with panache. 2002, 15, 88MIN

COMEDY DRAMA

Another Year

1am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Mike Leigh's engrossing drama features a heartrending performance from Lesley Manville as a sad, lonely and unstable woman frozen out of her friendship with apparently caring but actually smug and chilly couple Jim Broadbent and Ruth Sheen. The actors are word perfect as the film's plot unravels over the course of four seasons. 2010, 12, 130MIN

■ Full listings start on p65

Wednesday

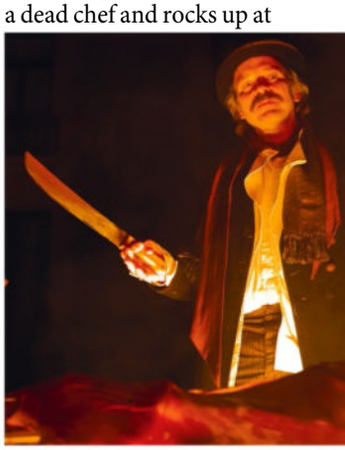
COMEDY

Coup!

8pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

A wicked little tale with teeth, set during the 1918 Spanish Flu epidemic in the US, where shops, schools and businesses were shut to stall the disease. A mysterious Peter Sarsgaard impersonates a dead chef and rocks up at



BIOPIC

Big George Foreman

On demand, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

This biopic of heavyweight boxing champ George Foreman (Khris Davis) covers his rise through the ranks, the famous Rumble in the Jungle with Muhammad Ali (Sullivan Jones), his preaching and return to the ring. It's too much ground, arguably, especially with the boxing action lacking punch. But Davis essays heft and poise, while Forest Whitaker is a scene-stealer as Foreman's hard-ass trainer. From Mon. 2023, 12, 129MIN

COMEDY DRAMA

Trainspotting

10.45pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A young Scottish drug addict (Ewan McGregor) and his pals run head first into crisis after crisis. The foul language and graphically grim subject matter of Irvine Welsh's cult novel may offend some, but this is a superb film, dazzlingly directed by Danny Boyle and ferociously well acted by McGregor. Robert Carlyle's swaggering, psychotic Begbie is a monstrous creation and Ewen Bremner, Jonny Lee Miller and Kevin McKidd are also brilliant. 1996, 18, 93MIN

PHOTOS: ALAMY

29 January

an island mansion in his place. Rich, privileged Billy Magnussen lives there with wife Sarah Gadon and their kids, but sees himself as a supporter of the working class, until Sarsgaard slowly turns the servants against him. Hypocrisy and power are the name of the game, helped by the excellent cast enacting a deft take on eating the rich. 2023, 12, 98MIN

Cooking up a storm: Peter

COMEDY DRAMA

Happy-Go-Lucky

12.35am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This sweet-natured comedy marks a real change of pace and perspective for famously acerbic film-maker Mike Leigh. Sally Hawkins is the breezy character described by the film's title, a thirtysomething primary school teacher whose inability to look on anything but the sunny side of life is put to the test when she signs up to take driving lessons from a paranoid, bigoted malcontent, superbly played by Eddie Marsan. 2008, 15, 118MIN

COMEDY DRAMA

Downhill

2.20am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Skiing in the Alps with their two children, Julia Louis-Dreyfus and Will Ferrell find a gaping crevasse in their relationship after a close call with an avalanche. A remake of Ruben Östlund's 2014 Swedish film *Force Majeure*, this is funny and insightful. Ferrell's goofy everyman persona pays dividends and Louis-Dreyfus is magnificent as his seething spouse. 2020, 15, 86MIN

■ Full listings start on p75

Thursday 30 January

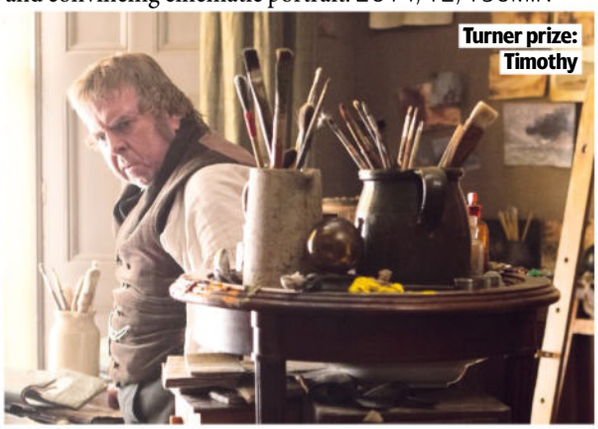
BIOPIC

Mr Turner

11.10pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Timothy Spall is perfect as JMW Turner in director Mike Leigh's magnificent biopic, which depicts the 19th-century painter in the last 25 years of his life. Earthy, boorish and devoted to his art, Spall's Turner grunts and growls, gurgles and wheezes, but his performance could not be more eloquent, revealing the artist in all his genius contradictions. And Leigh's achievement is astonishing, too, upending the timid conventions of most biopics to create a compelling and convincing cinematic portrait. 2014, 12, 150MIN



Turner prize: Timothy

COMEDY

Wonder Boys

9.30pm, BBC4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A splendidly witty and entertaining comedy with Michael Douglas at his best as a dissolute college professor whose life spins out of control over the course of one disastrous weekend. The acting is all excellent, especially Robert Downey Jr as Douglas' wired literary agent, Tobey Maguire as a disturbed student and Rip Torn as a pompous academic. Bob Dylan's theme song, *Things Have Changed*, won an Oscar. 2000, 15, 112MIN

HORROR

Hounded

10.10pm, BBC3 ★★★

Sex ●●● Violence ●●● Language ●●●

This chiller is an enjoyable, if blunt, commentary on the British class system, in which a gang (Malachi Pullar-Latchman, Hannah Traylan and Ross Coles) robbing an estate are captured and used as quarry by toffs (including Samantha Bond) with horns, hounds and horses. The state-of-the-country speechifying clangs like the bear trap that one poor soul falls prey to, but it's a galloping ride with oohs and aarghs. 2022, 15, 94MIN

CRIME DRAMA

Miranda's Victim

11.55pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

In 1963, the rapist of Patricia Weir (Abigail Breslin) is found guilty and sentenced to 20 years. His name was Ernesto Miranda (Sebastian Quinn), but because he confessed without being accorded a lawyer, his appeal went all the way to the Supreme Court. The script is stodgy, but this is an engrossing story that focuses on Weir's traumatic experience. Luke Wilson and Ryan Phillippe play the opposing lawyers on the case. 2023, 15, 127MIN

DRAMA

Sweet Country

1am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Hamilton Morris' Aboriginal farmhand goes on the run after killing a white man in self-defence. Inspired by true events, this visually striking, powerful Australian film has a compelling plot and a searing social conscience. There is excellent acting, too, from Sam Neill as a compassionate farmer, Bryan Brown as a dogged policeman and Ewen Leslie as a war veteran. 2017, 15, 113MIN

■ Full listings start on p85

Friday 31 January

SUPERHERO

Aquaman and the Lost Kingdom

5.50pm, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

Jason Momoa's Aquaman is now doting dad to a baby boy, while Yahya Abdul-Mateen II's Black Manta is still hungry for revenge and ready to wield the demonic Black Trident if it'll get him some payback. With the plot feeling reheated, this second *Aquaman* outing should have made a bigger splash. But there are flashes of brilliance, especially when Manta's Octobots collides with Atlantis' psychedelic bioluminescence, a colourful contrast that gets to the heart of this watery franchise's trippy appeal. 2023, 12, 124MIN

Trident and tested: Jason

THRILLER

Wind River

9pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

Set on a snowbound Native American reservation in Wyoming, this powerful crime drama combines brutally tense action with emotional depth. Jeremy Renner oozes stoic integrity as a taciturn wildlife officer and tracker who joins forces with Elizabeth Olsen's out-of-depth FBI agent to solve the death of a local teenager. Blending elements of whodunnit and Western, the story is as riveting as a police procedural. 2017, 15, 107MIN

BIOPIC

A Million Little Pieces

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Sam Taylor-Johnson and husband, actor-star Aaron Taylor-Johnson, adapt James Frey's memoir of addiction and rehab. Even if the original work was embellished, there's no doubting the power of what the Taylor-Johnsons put on screen. There's a raw energy to Aaron's volatility as he's taken to rehab after collapsing, but has no wish to recover, while Billy Bob Thornton lends excellent support as a onesie-wearing addict. 2018, 15, 113MIN

ROMCOM

P.S. I Love You

11.30pm, BBC1 (12.30am Scotland) ★★★

Sex ●●● Violence ●●● Language ●●●

Widow Hilary Swank discovers that her Irish late husband (Gerard Butler) has left her 10 messages to help her start a new life, including a trip to his homeland. A romcom about bereavement? This slick version of Cecelia Ahern's bestseller just about pulls it off thanks to Swank and a sterling supporting cast that includes Kathy Bates, Lisa Kudrow, Gina Gershon and Harry Connick Jr. 2007, 12, 126MIN

CRIME COMEDY

The Comeback Trail

4.10am, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Sleazy 1970s Hollywood film producer Robert De Niro, in debt to a mob boss (Morgan Freeman), hits on the idea of a scam in which he plots to kill off the washed-up star (Tommy Lee Jones) of his new Western movie to claim the insurance money. This comedy fails to make the most of its fantastic cast, but there's still much to enjoy. 2020, 12, 104MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Jonny Wilkinson and the ITV team preview all the action

Six Nations

LIVE RUGBY UNION

France v Wales

Friday, kick-off 8.15pm, ITV1 & S4C

The Men's Six Nations Championship kicks off in Paris on Friday evening as Wales look to end a dismal run of results, which included the wooden spoon in 2024's tournament. But it won't be easy against a France side that won all of their Autumn internationals, including a close-fought victory over the All Blacks. We asked ITV's team of presenters and pundits for their predictions…

Jonny Wilkinson

IRELAND

Can Ireland become the first team to win three Six Nations titles in a row? They will be without coach Andy Farrell, who is preparing to lead the Lions on their tour to Australia, but interim coach Simon Easterby has a strong squad at his disposal, including Leinster stars Ciarán Frawley and Caelan Doris. 'This is the most open competition in a long time,' says ex-Scotland international Johnnie Beattie. 'Four sides could lift the trophy, but Ireland have the form and consistency to make history.'

FRANCE

Les Bleus enjoyed a clean sweep in the November Tests, and coach Fabien Galthié's squad – including superstar Antoine Dupont and Pierre-Louis Barassi, who scored tries in all three Autumn matches – will be confident of winning a first title since their 2022 Grand Slam. 'France look the strongest side this year,' says former England fly-half Jonny Wilkinson. 'It's very hard to look beyond Dupont as the standout star, always assuming he stays fit. He has such a big impact upon his team.'

ENGLAND

Steve Borthwick's team, which finished third last year, has a new captain in Saracens skipper Maro Itoje. But after winning just five of their 12 matches in 2024, England will need to bounce back with a squad that includes in-form No.8 Tom Willis. 'The pressure is on Borthwick. A tough schedule awaits them with Ireland up first away, followed by France at home,' says former England star Maggie Alphonsi. 'But there is young talent

Clockwise from top left: Ireland's Ciarán Frawley, France's Antoine Dupont, England's Maro Itoje, Italy's Tommaso Menoncello, Wales' Jac Morgan and Scotland's Blair Kinghorn

THE FIXTURES

ROUND ONE		
Fri 31 Jan	**France v Wales**	8.15pm, ITV1
Sat 1 Feb	**Scotland v Italy**	2.15pm, BBC1
Sat 1 Feb	**Ireland v England**	4.45pm, ITV1
ROUND TWO		
Sat 8 Feb	**Italy v Wales**	2.15pm, ITV1
Sat 8 Feb	**England v France**	4.45pm, ITV1
Sun 9 Feb	**Scotland v Ireland**	3pm, BBC1
ROUND THREE		
Sat 22 Feb	**Wales v Ireland**	2.15pm, BBC1
Sat 22 Feb	**England v Scotland**	4.45pm, ITV1
Sun 23 Feb	**Italy v France**	3pm, ITV1
ROUND FOUR		
Sat 8 March	**Ireland v France**	2.15pm, ITV1
Sat 8 March	**Scotland v Wales**	4.45pm, BBC1
Sun 9 March	**England v Italy**	3pm, ITV1
ROUND FIVE		
Sat 15 March	**Italy v Ireland**	2.15pm, ITV1
Sat 15 March	**Wales v England**	4.45pm, BBC1
Sat 15 March	**France v Scotland**	8pm, ITV1

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

coming through in Asher Opoku-Fordjour and Chandler Cunningham-South.'

SCOTLAND

Coach Gregor Townsend will be looking to make the most of back-to-back opening games. Finn Russell and Blair Kinghorn come into the championship in good form, while the squad includes a first call-up for Saracens' New Zealand-born stand-off Fergus Burke, who is eligible through his Glasgow grandfather. 'Scotland has the best squad they've ever assembled and the most attractive way of playing,' says Beattie. 'They can knock over anyone on their day.'

WALES

Coach Warren Gatland's job is on the line after overseeing 12 successive defeats. They come into the tournament after losses to Fiji, Australia and South Africa in November, but lock and ex-captain Dafydd Jenkins joins captain Jac Morgan in the squad after missing the Autumn Tests with injury. 'Wales have a point to prove, and with this being a Lions year, expect fireworks as the players look to impress Andy Farrell,' says presenter Jill Douglas.

ITALY

This year marks the 25th anniversary of Italy joining the Six Nations. The Azzurri have ended up with the wooden spoon on 18 occasions – including nine times in the last 11 seasons – but secured their best-ever finish in 2024, defeating Wales and Scotland, drawing with France, and running England close in Rome, with Tommaso Menoncello named player of the tournament. 'Under coach Gonzalo Quesada, Italy have found their voice and confidence,' says Alphonsi. 'I'm looking forward to seeing the centre partnership of Menoncello and Juan Ignacio Brex. Both were sensational last year.'

Aston Villa's John McGinn

LIVE FOOTBALL

Champions League

Wednesday, kick-offs 8pm, TNT Sports

The league phase draws to a close this week, with all 18 fixtures taking place on Wednesday at 8pm to ensure no team gains an unfair advantage by kicking off later and knowing the result they need. The top eight sides will automatically qualify for the last 16, while clubs ranked from ninth to 24th must duke it out in a two-leg play-off. The pick of the ties sees Unai Emery's Aston Villa host Brendan Rodgers' Celtic, as Villa's Scottish international midfielder John McGinn plays against the club he grew up supporting. Elsewhere, Arsenal travel to Girona, Manchester City entertain Club Brugge, and high-flying Liverpool make a trip to PSV Eindhoven.

2024 champion Aryna Sabalenka

LIVE TENNIS

Australian Open

Saturday & Sunday, Eurosport 1 & Discovery+

The year's first Grand Slam titles will be decided at Melbourne Park over the weekend, with the women's singles final on Saturday and the men's on Sunday. Last year, Aryna Sabalenka of Belarus didn't drop a set on her way to retaining the women's title against Zheng Qinwen, becoming the first woman to win back-to-back titles since Victoria Azarenka in 2013. In the men's tournament, Italy's Jannik Sinner claimed his maiden Slam, fighting back from two sets down to defeat Daniil Medvedev.

LIVE BOWLS

World Indoor Championships

Saturday & Sunday, BBC2

It may not possess the glamour of Lord's or Wembley Stadium, but there'll be high drama at Potters Resort, Hopton-on-Sea, Great Yarmouth as the World Indoor Bowls Championships crown this year's victors. In the women's singles, which concludes on Thursday 23 January, England's Katherine Rednall is aiming for a fourth consecutive title, and a seventh in total, while the men's singles final takes place on Sunday. Twelve months ago, Stewart Anderson took the world title for a third time, plus a cheque for £50,000, when he prevailed over fellow Scot and six-time champion Alex Marshall.

Stewart Anderson will hope to defend his title

Detroit Lions' Amik Robertson

LIVE AMERICAN FOOTBALL

NFL Conference Championships

Sunday, Sky Sports NFL & Sky Sports Main Event

The last four teams battle it out for a place at this year's Super Bowl in New Orleans on Sunday 9 February. The action begins with the AFC Championship match, which could feature reigning back-to-back champions the Kansas City Chiefs, followed by the NFC Championship match, expected to include the hotly tipped Detroit Lions after an impressive season.

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE NFL
Sun 7pm Sky Sports NFL & 7.30pm Sky Sports Main Event
AFC Championship match. See p29.

LIVE NFL
Sun 11.30pm Sky Sports Main Event & Sky Sports NFL
NFC Championship match. See p29.

BASKETBALL

LIVE Syracuse Orange v Pittsburgh Panthers
Sat 5pm Sky Sports Mix

LIVE San Antonio Spurs v Indiana Pacers
Sat 5pm TNT Sports 3
The NBA inter-conference match.

LIVE Vanderbilt Commodores v Kentucky Wildcats
Sat 7.30pm Sky Sports Mix

LIVE Dallas Mavericks v Boston Celtics
Sat 10.30pm TNT Sports 1
The NBA inter-conference fixture.

LIVE Golden State Warriors v Los Angeles Lakers
Sat 1.30am TNT Sports 1

LIVE Memphis Tigers v UAB Blazers
Sun 6pm Sky Sports Mix

LIVE TCU Horned Frogs v Baylor Bears
Sun 8pm Sky Sports Mix

LIVE Portland Trail Blazers v Oklahoma City Thunder
Sun 11pm TNT Sports 2
NBA Western Conference game.

LIVE Tennessee Volunteers v Kentucky Wildcats
Tue 12m't Sky Sports Main Event & Sky Sports Mix

LIVE Philadelphia 76ers v Los Angeles Lakers
Tue 12.30am TNT Sports 1

LIVE Portland Trail Blazers v Milwaukee Bucks
Tue 3am TNT Sports 1

LIVE LSU Tigers v Oklahoma Sooners
Thu 12m't Sky Sports Mix

LIVE Cleveland Cavaliers v Atlanta Hawks
Thu 12m't TNT Sports 2

LIVE Memphis Grizzlies v Houston Rockets
Thu 2.30am TNT Sports 2

LIVE Saint Louis Billikens v Dayton Flyers
Fri 12m't Sky Sports Main Event & Sky Sports Mix

Golf
Shane Lowry lines up in the Pebble Beach Pro-Am event from Thursday

LIVE Philadelphia 76ers v Denver Nuggets
Fri 12.30am TNT Sports 1

BOWLS

LIVE World Indoor Championships
Sat 1pm & Sun 2.40pm BBC2
From Potters Resorts. See p29.

CRICKET

LIVE U19 Women's World T20
Sat 6.15am & 2.15am Sky Sports Cricket, 6.15am Sky Sports+ & 2.15am Sky Sports Main Event

LIVE Australia v England
Sat 7.45am TNT Sports 1
The third and final T20 in Adelaide.

LIVE Paarl Royals v Pretoria Capitals
Sat 10.30am Sky Sports Cricket

LIVE India v England
Sat 1pm TNT Sports 1
The second T20 from Chennai.

LIVE MI Cape Town v Durban's Super Giants
Sat 3pm Sky Sports Cricket

LIVE Canterbury Magicians v Central Hinds
Sat 11.30pm TNT Sports 3

LIVE Canterbury Kings v Central Stags
Sat 3.15am TNT Sports 3

LIVE U19 Women's World T20
Sun 6.15am Sky Sports Main Event, 6.15am & 2.15am Sky Sports Cricket

LIVE Joburg Super Kings v Sunrisers Eastern Cape
Sun 1pm Sky Sports Cricket

LIVE Auckland Hearts v Wellington Blaze
Sun 11.30pm TNT Sports 1

LIVE Auckland Aces v Wellington Firebirds
Sun 3.45am TNT Sports 1

LIVE Big Bash League
Mon 8.10am Sky Sports Main Event & Sky Sports Cricket
The final of the T20 competition.

LIVE Paarl Royals v Durban's Super Giants
Mon 3pm Sky Sports Cricket

LIVE West Indies v Bangladesh
Mon 9.45pm TNT Sports 2
Coverage of the first women's T20 at Warner Park Sporting Complex.

LIVE Canterbury Magicians v Northern Brave
Mon 1am TNT Sports 1

LIVE U19 Women's World T20
Mon 2.15am Sky Sports Main Event, Sky Sports Cricket & Sky Sports+

LIVE Canterbury Kings v Northern Brave
Mon 4.45am TNT Sports 1

LIVE U19 Women's World T20
Tue 6.15am & 2.15am Sky Sports Main Event & Sky Sports Cricket

LIVE India v England
Tue 1pm TNT Sports 1
Coverage of the third T20 in Rajkot.

LIVE Pretoria Capitals v Joburg Super Kings
Tue 3pm Sky Sports Cricket

LIVE Central Hinds v Auckland Hearts
Tue 1am TNT Sports 3

LIVE Sri Lanka v Australia
Tue & Wed 4.15am TNT Sports 2; Thu & Fri 4.15am TNT Sports 3
Days one to four of the first Test from Galle International Stadium.

LIVE Central Stags v Auckland Aces
Tue 4.45am TNT Sports 3

LIVE U19 Women's World T20
Wed 6.15am Sky Sports Main Event & Sky Sports Cricket

LIVE MI Cape Town v Sunrisers Eastern Cape
Wed 3pm Sky Sports Cricket

LIVE Wellington Blaze v Northern Brave
Wed 11.30pm TNT Sports 3

LIVE Australia v England
Wed & Thu 3am TNT Sports 1; Fri 3am TNT Sports 2
Days one to three of the one-off Test at Melbourne Cricket Ground.

LIVE Wellington Firebirds v Northern Brave
Wed 3.15am TNT Sports 3

LIVE Joburg Super Kings v Paarl Royals
Thu 3pm Sky Sports Cricket

LIVE U19 Women's World T20
Thu 2.15am Sky Sports Main Event & Sky Sports Cricket
Coverage of the first semi-final.

LIVE U19 Women's World T20
Fri 6.15am Sky Sports Main Event & Sky Sports Cricket
The second semi-final in Malaysia.

LIVE India v England
Fri 1pm TNT Sports 1
Coverage of the fourth T20 in Pune.

LIVE Pretoria Capitals v MI Cape Town
Fri 3pm Sky Sports Cricket

LIVE West Indies v Bangladesh
Fri 9.45pm TNT Sports 2
The third and final women's T20 at Warner Park Sporting Complex.

LIVE Women's Super Smash
Fri 11.30pm TNT Sports 4
Coverage of the elimination final.

LIVE T20 Super Smash
Fri 3.15am TNT Sports 4
Coverage of the elimination final.

CYCLING

LIVE Cyclo-Cross
Sat 2pm Euro2
The men's race at Maasmechelen.

LIVE Cyclo-Cross
Sun 12.30pm Euro2
The women's race in Hoogerheide.

LIVE Cyclo-Cross
Sun 2pm Euro2
The men's race in Hoogerheide.

LIVE Challenge Mallorca
Mon 2pm & Wed-Fri 1.30pm Euro2

LIVE AlUla Tour
Tue-Fri 11.30am Euro2
Stages one to four in Saudi Arabia.

DARTS

LIVE World Series of Darts
Sat 6pm ITV4

LIVE The Masters
Thu & Fri 7pm ITV4

GOLF

LIVE Ras Al Khaimah Championship
Sat 8.30am & Sun 8am Sky Sports Main Event & Sky Sports Golf
Days three and four in the UAE.

LIVE Farmers Insurance Open
Sat 5pm Sky Sports Golf & 8.30pm Sky Sports Main Event
Day four at Torrey Pines in La Jolla.

LIVE APGA Farmers Insurance Invitational
Sun 9.30pm Sky Sports Golf
The second and final day in La Jolla.

LIVE Jupiter Links Golf Club v Boston Common Golf
Mon 11.30pm Sky Sports Main Event & Sky Sports Golf
The fourth TGL match in Florida.

LIVE Bahrain Championship
Thu 8.30am & Fri 9.30am Sky Sports Main Event; Thu & Fri 8.30am Sky Sports Golf
Days one and two at Royal Golf Club.

LIVE Pebble Beach Pro-Am
Thu 4.45pm, Fri 4.45pm & 10.30pm Sky Sports Main Event; Thu & Fri 4.45pm Sky Sports Golf
Coverage of days one and two from Pebble Beach Golf Links, California.

HORSE RACING

LIVE Cheltenham
Sat 1pm ITV1
From Cheltenham and Doncaster.

ICE HOCKEY

LIVE Ottawa Senators v Toronto Maple Leafs
Sat 12m't Premier Sports 2

LIVE Anaheim Ducks v Nashville Predators
Sat 3am Premier Sports 1

LIVE Ottawa Senators v Utah Hockey Club
Sun 10pm Premier Sports 2

LIVE Winnipeg Jets v Calgary Flames
Sun 11pm Premier Sports 1

LIVE Detroit Red Wings v Los Angeles Kings
Mon 12m't Premier Sports 2

LIVE St Louis Blues v Vancouver Canucks
Mon 12.30am Premier Sports 1

LIVE Montreal Canadiens v Winnipeg Jets
Tue 12m't Premier Sports 2

LIVE Vegas Golden Knights v Dallas Stars
Tue 3am Premier Sports 1

LIVE Toronto Maple Leafs v Minnesota Wild
Wed 12m't Premier Sports 2

LIVE Nashville Predators v Vancouver Canucks
Wed 2am Premier Sports 1

LIVE Boston Bruins v Winnipeg Jets
Thu 12m't Premier Sports 2

LIVE Seattle Kraken v San Jose Sharks
Thu 2am Premier Sports 1

LIVE Buffalo Sabres v Nashville Predators
Fri 12m't Premier Sports 2

MOTORSPORT

LIVE World Rally Championship
Sat 7.45am, 9am & 5.30am, Sun 7.30am TNT Sports 4; Sat 2pm & 3pm, Sun 11am TNT Sports 3
Coverage of the Rallye Monte-Carlo.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1
Group 4 of the Champions League.

RUGBY UNION

LIVE Perth SVNS
Sat 8.45am & 12noon TNT Sports 3; Sun 5.30am & 10.30am TNT Sports 2

LIVE Leicester Tigers v Loughborough Lightning
Sat 12.30pm TNT Sports 2 (kick-off 12.45pm)
Premiership Women's Rugby match.

LIVE Lions v Bulls
Sat 12.40pm Premier Sports 1

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	F	M	A	M	J			S	O	N	

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J	F	M	A	M	J	J	A	S	O	N	D
	F	M	A	M	J			S	O	N	

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			A	M	J		A	S	O		

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- Flights from London Gatwick, Glasgow, Belfast or Dublin to Malaga
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J	F	M	A	M	J	J	A	S	O	N	D
		M	A	M	J		A	S	O	N	

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Football planner

LIVE Gloucester v Leicester Tigers
Sat 2.45pm TNT Sports 2 (kick-off 3.05pm) The Premiership fixture from Kingsholm Stadium.

LIVE Scarlets v Edinburgh
Sat 2.45pm Premier Sports 1

LIVE Leinster v Stormers
Sat 4.55pm Premier Sports 1

LIVE Cardiff v Sharks
Sat 5pm S4C & Premier Sports 2

LIVE Exeter Chiefs v Saracens
Sat 5.15pm TNT Sports 2 (kick-off 5.30pm)
Premiership match at Sandy Park.

LIVE Dragons v Munster
Sat 7.15pm Premier Sports 1 & 7.30pm S4C (kick-off 7.35pm)

LIVE Sale Sharks v Bath
Sun 2.30pm TNT Sports 1 & ITV4 (kick-off 3pm) The Premiership game at Salford Community Stadium.

LIVE Ulster v Zebre
Sun 5.15pm BBC2 (N Ireland only) & Premier Sports 1 (kick-off 5.30pm)

LIVE Toulon v La Rochelle
Sun 8pm Premier Sports 1

LIVE France v Wales
Fri 7.30pm ITV1 & S4C (kick-off 8.15pm)
The opening Six Nations clash at the Stade de France. See p28.

SKIING

LIVE Alpine Skiing
Sat 9am, Sun 8.45am, Tue & Wed 4.30pm & 7.30pm, Thu 3.45pm & 6.45pm Euro2; Sun 12noon Euro1

LIVE Cross-Country Skiing
Sat 12.30pm Euro2; Fri 12.15pm Euro1

LIVE Biathlon
Sat 2pm & Sun 1.30pm Euro1; Sun 11.05am, Wed 9.20am & Fri 9.35am Euro2

LIVE Freestyle Skiing
Sat 6.50pm Euro2

LIVE Nordic Combined Skiing
Fri 10.50am, 11.35am & 1.20pm Euro1

SNOOKER

LIVE German Masters
Mon, Thu & Fri 2pm & 7pm, Tue & Wed 9am, 2pm & 7pm Euro1

TENNIS

LIVE Australian Open
Sat 8.30am Euro1
Coverage of the women's singles final from Melbourne Park. See p29.

LIVE Australian Open
Sat 11.30am Euro1
The men's doubles final.

LIVE Australian Open
Sat 4am Euro1
The women's doubles final.

LIVE Australian Open
Sun 8.30am Euro1
Coverage of the men's singles final.

LIVE WTA Singapore Open
Sun 4am & Tue 5.30am Sky Sports+; Sun 4am, Mon 2am & Wed-Fri 6am Sky Sports Tennis

LIVE ATP Open Sud de France
Fri 8pm Sky Sports Tennis

WINTER SPORTS

LIVE Ski Jumping
Sat 7.20am, Sun 6.50am & Fri 3.30pm Euro2; Sat 3.15pm Euro1

Saturday 25

LIVE Macarthur FC v Melbourne City
8.30am TNT Sports 2 (kick-off 8.35am)
Coverage of the A-League match.

LIVE Luton Town v Millwall
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
Coverage of the Championship game from Kenilworth Road.

LIVE Aston Villa v Manchester City
11.30am Sky Sports Premier League & Sky Showcase (kick-off 12noon)
The Women's Super League match from Villa Park.

LIVE Norwich City v Swansea City
12.25pm Sky Sports+ (kick-off 12.30pm)
Coverage of the Championship match staged at Carrow Road.

LIVE Mallorca v Real Betis
12.55pm Premier Sports 2 (kick-off 1pm)
The LaLiga game.

LIVE Manchester City v Chelsea
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
The Premier League match from Etihad Stadium.

LIVE Linfield v Cliftonville
5.05pm BBC2 (N Ireland only) (kick-off 5.30pm)
The NIFL Premiership match.

LIVE Arbroath v Kelty Hearts
5.20pm BBC Alba (kick-off 5.30pm)
The SPFL League One fixture.

LIVE Borussia Monchengladbach v VFL Bochum
5.20pm Sky Sports Football & Sky Sports+ (kick-off 5.30pm)
Coverage of the Bundesliga game.

LIVE Real Valladolid v Real Madrid
7.55pm Premier Sports 2 (kick-off 8pm)
Coverage of the LaLiga match staged at Estadio Jose Zorrilla.

Sunday 26

LIVE Western Sydney Wanderers v Auckland FC
6am TNT Sports 1 (kick-off 6am)
Coverage of the A-League match.

LIVE Central Coast Mariners Women v Wellington Phoenix Women
6.45am TNT Sports 3
Coverage of the A-League game.

LIVE Perth Glory Women v Brisbane Roar Women
9am TNT Sports 1 (kick-off 9am)
Coverage of the A-League fixture.

LIVE Dundee United v Rangers
11am Sky Sports Main Event & Sky Sports Football (kick-off 12noon)
The Scottish Premiership match from Tannadice.

LIVE PREMIER LEAGUE

Manchester City v Chelsea

Saturday, kick-off 5.30pm, Sky Sports Main Event & Sky Sports Premier League

Chelsea need to improve their results on the road if they want to mount a title challenge. The sides met at Stamford Bridge in August when former Blues midfielder Mateo Kovacic scored in City's 2-0 victory.

LIVE PREMIER LEAGUE

Aston Villa v West Ham United

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

West Ham make a quick return to Villa Park following the sides' FA Cup third-round clash earlier this month. Amadou Onana and Morgan Rogers (above) scored as Villa came from behind to win 2-1.

LIVE EUROPA LEAGUE

FCSB v Manchester United

Thu, kick-off 8pm, TNT Sports

United winger Amad Diallo has penned a new deal and should feature in Romania. Thursday sees the final matches of the league phase, with all games kicking off at 8pm, including Rangers against Union Saint-Gilloise and Tottenham Hotspur versus Elfsborg.

LIVE AC Milan v Parma
11.15am TNT Sports 1 (kick-off 11.30am)
The Serie A match at San Siro.

LIVE Chelsea v Arsenal
12noon BBC2 (kick-off 12.30pm)
The Women's Super League game at Stamford Bridge.

LIVE Rayo Vallecano v Girona
12.55pm Premier Sports 2 (kick-off 1pm)
Coverage of the LaLiga game.

LIVE Crystal Palace v Brentford
1pm Sky Sports Premier League & 2pm Sky Sports Main Event (kick-off 2pm)
Coverage of the Premier League match staged at Selhurst Park.

LIVE TSG 1899 Hoffenheim v Eintracht Frankfurt
2.20pm Sky Sports+ & 2.30pm Sky Sports Football (kick-off 2.30pm)
Coverage of the Bundesliga game.

LIVE Real Sociedad v Getafe
3.10pm Premier Sports 2 (kick-off 3.15pm)
Coverage of the LaLiga fixture.

LIVE Hibernian v Glasgow City
4pm BBC Alba (kick-off 4.10pm)
Coverage of the SWPL match.

LIVE Aston Villa v West Ham United
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
The Premier League match at Villa Park. Villa won the reverse fixture on the opening weekend, with Amadou Onana and John Durán scoring for the Midlands club.

LIVE FC St Pauli v FC Union Berlin
4.30pm Sky Sports Football & Sky Sports+ (kick-off 4.30pm)
Coverage of the Bundesliga game.

LIVE Athletic Bilbao v Leganes
5.25pm Premier Sports 2 (kick-off 5.30pm)
Coverage of the LaLiga match.

LIVE Fulham v Manchester United
6pm TNT Sports 1 (kick-off 7pm)
The Premier League fixture at Craven Cottage. These two met in the reverse fixture at Old Trafford on the season's opening day, with the Red Devils winning 1-0.

LIVE Manchester United v Brighton & Hove Albion
6.30pm Sky Sports Football & Sky Showcase, 7.30pm Sky Sports Premier League (kick-off 6.45pm)
Coverage of the WSL match staged at Leigh Sports Village.

LIVE Lazio v Fiorentina
7.30pm TNT Sports 2 (kick-off 7.45pm)
Coverage of the Serie A game staged at Stadio Olimpico.

LIVE Barcelona v Valencia
7.55pm Premier Sports 2 (kick-off 8pm)
Coverage of the LaLiga match from Estadi Olimpic Lluis Companys.

Monday 27

LIVE Burnley v Leeds United
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
Coverage of the Championship match staged at Turf Moor. Both sides are pushing for automatic promotion alongside Sheffield United and Sunderland.

LIVE Alaves v Celta Vigo
7.55pm Premier Sports 1 (kick-off 8pm)
Coverage of the LaLiga game.

Tuesday 28

LIVE Portsmouth v Millwall
7.35pm Sky Sports+ (kick-off 7.45pm)
Coverage of the Championship game staged at Fratton Park.

Wednesday 29

LIVE Western United v Central Coast Mariners
8am TNT Sports 1 (kick-off 8am)
Coverage of the A-League match.

LIVE Aston Villa v Celtic
7pm TNT Sports (kick-off 8pm)
Champions League league-phase match at Villa Park. See p29.

LIVE PSV Eindhoven v Liverpool
7.30pm TNT Sports (kick-off 8pm)
The Champions League clash.

LIVE Girona v Arsenal
7.30pm TNT Sports (kick-off 8pm)
Champions League action.

LIVE Manchester City v Club Brugge
7.30pm TNT Sports (kick-off 8pm)
The Champions League encounter.

LIVE Barrow v Doncaster Rovers
7.50pm Sky Sports+ (kick-off 8pm)
Coverage of the League Two match staged at SO Legal Stadium.

Thursday 30

LIVE FCSB v Manchester United
7.30pm TNT Sports (kick-off 8pm)
Europa League clash in Bucharest.

LIVE Tottenham Hotspur v IK Elfsborg
7.30pm TNT Sports (kick-off 8pm)
Europa League fixture at Tottenham Hotspur Stadium.

LIVE Rangers v Union Saint-Gilloise
7.30pm TNT Sports (kick-off 8pm)
The Europa League league-phase game at Ibrox.

Friday 31

LIVE Sydney FC Women v Adelaide United Women
8am TNT Sports 4 (kick-off 8am)
Coverage of the A-League game.

LIVE Brisbane Roar v Western Sydney Wanderers
8.30am TNT Sports 2 (kick-off 8.35am)
Coverage of the A-League match.

LIVE Champions League
11am TNT Sports 2
The knockout phase play-off draw.

LIVE Europa League
12noon TNT Sports 2
The knockout phase play-off draw.

LIVE Werder Bremen v FSV Mainz 05
7.20pm Sky Sports Mix (kick-off 7.30pm)
Coverage of the Bundesliga match staged at Weserstadion.

LIVE Falkirk v Livingston
7.30pm BBC Scotland (kick-off 7.45pm)
The Scottish Championship match.

LIVE Blackburn Rovers v Preston North End
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
Coverage of the Championship match staged at Ewood Park.

LIVE Auckland FC v Macarthur FC
4am TNT Sports 1 (kick-off 4am)
Coverage of the A-League match.

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Saturday

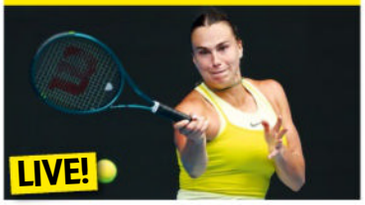
25 January

Evening Planner

Fantasy Comedy

Timestalker
Sky Premiere, 6.20am & 6.20pm
Alice Lowe wrote, directed and stars in this comedy as a woman who is fated to meet a grim end over and over again.

Tennis



Australian Open Finals
Eurosport 1 & Discovery+, from 8am
The tournament draws to a close this weekend, starting with the women's singles final this morning at 8.30am.

Football

Premier League
Sky Sports Main Event & Sky Sports Premier League, kick-off 5.30pm
Man City boss Pep Guardiola will be hoping for a good result against Chelsea.

Quiz Show

The 1% Club
ITV1, 8.30pm
Lee Mack returns with the game that weeds out the smart from the slow, with a potential £100,000 at stake.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.50 Michael McIntyre's Big Show	7.50 The Weakest Link		8.35 Pointless Celebrities	9.20 Casualty		10.10 News	10.30 Match of the...
	102 BBC2	‹ 6.05 Film: Porridge	7.35 Liz Bonnin's Wild Caribbean		8.35 Carole King and James Taylor: Just Call Out My Name			10.10 Carole King...	10.40 James...
	103 ITV1	7.00 The Masked Singer			8.30 The 1% Club	9.30 North Shore		10.15 News	10.35 Murder of...
	104 CHANNEL 4	‹ 6.30 New Life in...	7.30 Britain's Most Beautiful Road		8.30 Our Tiny Islands	9.30 Film: Free Guy			
	105 CHANNEL 5	‹ 6.30 Secrets of the Royal Servants		8.00 The Battle for Royal Lodge: Andrew vs Charles		9.30 Prince Andrew: Where Did All the Money Go?			
	106 SKY SHOWCASE	7.00 Landscape Artist of the Year		8.00 The Simpsons	8.30 A League of Their Own	9.30 Film: The Bourne Supremacy			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 The Traitors		10.00 The Traitors...	10.30 Two Pints of...
	116 BBC4	7.00 Ulster...	7.20 All Creatures Great and Small			9.00 Crá			10.30 Burns Night...
	118 ITV2	‹ 6.55 Film: Yes Man				9.00 Love Island: All Stars		10.05 Family Guy	
	136 MORE4	‹ 6.50 Four in a Bed		7.55 999: On the Front Line		9.00 24 Hours in A&E			
	135 E4	‹ 6.55 Film: Dante's Peak				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Coroner		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.45 Perry Mason		8.00 Riviera				10.05 The Tattooist of Auschwitz	
	110 U&GOLD	‹ 6.30 Only Fools and Horses							
	111 U&DAVE	‹ 6.40 Mortimer & Whitehouse: Gone...		8.00 Special Ops: To Catch a Criminal		9.00 Not Going Out			
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 6.00 World Series of Darts – Live: The quarter-finals, semi-finals and final						10.00 Film: Jaws 3	
	112 COMEDY CENTRAL	‹ 6.40 Friends		7.55 Mr Bean		9.00 Lee Evans: Big – Live at the O2		10.00 Film: This Is Spinal Tap	
	139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 The Walking Dead			
	113 SKY MAX	7.00 Rob & Romesh vs Drag		8.00 Football's...	8.30 A League of Their Own		9.30 Strike Back: Vengeance		10.30 The Walking...
	109 U&ALIBI	7.00 Father Brown		8.00 Shakespeare & Hathaway: Private Investigators				10.00 Beyond Paradise	
	130 SKY ARTS	‹ 5.00 The Hollies...	7.30 Beach Boys: Good Vibrations Tour		8.30 Roy Orbison Forever		9.45 Johnny Cash – A Night to Remember Live 1973		
	132 U&W	‹ 6.30 Outnumbered				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 Jade Fever		8.00 Gold Rush		9.00 Marooned with Ed Stafford		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Swimming with Monsters		9.00 Rugged Justice		10.00 The Last Alaskans	
	129 NAT GEO	7.00 World War II: Secrets from Above		8.00 Churchill's German Army		9.00 Hitler's Death Army: Das Reich			
	123 SKY HISTORY	7.00 Great Escapes with Morgan Freeman				9.00 Secrets of the Hells Angels			
	155 U&YESTERDAY	7.00 Train Truckers		8.00 The Americas with Simon Reeve				10.00 'Allo 'Allo!	
	121 SKY DOCS	7.00 The Apollo				9.00 Film: Amy			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Timestalker		8.00 Bad Boys: Ride or Die				10.00 The Killer	
	302 FEEL GOOD	‹ 6.00 Wonka		8.00 Tropic Thunder			9.50 Back to the Future Part III		
	303 HITS	‹ 6.00 The King's Speech		8.00 One Life				10.00 Lee	
	304 GREATS	7.00 The Sugarland Express				9.00 Bad Boys			
	305 ANIMATION	‹ 5.40 Cloudy...	7.25 Rugrats Go Wild			8.55 Hotel Transylvania			10.35 The Ogglies
	306 FAMILY	‹ 5.45 Wonka		7.50 Johnny English Reborn			9.35 Step Dogs		
	307 STUNTS	‹ 6.00 The Equalizer 3		8.00 Pain & Gain				10.15 Shooter	
	308 COMEDY	‹ 5.45 Shakespeare in Love		8.00 Asteroid City			9.50 The Holdovers		
	309 CRIME	‹ 6.00 Now You See Me		8.00 Ocean's Eleven				10.00 Goodfellas	
	310 DRAMA	‹ 6.20 Wimbledon		8.00 Erin Brockovich				10.15 Forrest Gump	
	311 SCI-FI	‹ 5.55 Star Trek IV: The Voyage Home		8.00 Ghostbusters				10.05 Godzilla x Kong: The New Empire	
	313 FILM4	‹ 6.45 Charlie's Angels				9.00 Raiders of the Lost Ark			
SPORT	401 MAIN EVENT	‹ 5.00 SNF – Live: Manchester City v Chelsea (Kick-off 5.30)			8.30 PGA Tour Golf – Live: The Farmers Insurance Open				
	402 PREMIER LEAGUE	‹ 5.00 SNF – Live: Manchester City v Chelsea (Kick-off 5.30)			8.30 Game of the Day				10.30 PL Highlights
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 Bundesliga				9.30 EFL Highlights		10.30 WSL
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	7.00 Isuzu UTE A-League						10.00 NBA Action	10.30 NBA – Live
	411 TNT SPORTS 2	‹ 5.15 Gallagher Premiership...	7.45 Lomu: The Lost Tapes				9.30 Allianz Premiership Women's Rugby		10.30 Rugby Union

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With comedian Mo Gilligan. (S)
11.30 **Rick Stein's Cornwall** (S)(R)(AD)
12.00 NOON **Football Focus** (S)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** A retired couple want to move closer to their family in Herefordshire. (S)(R)
3.45 **Garden Rescue** Flo Headlam and Chris Hull create a garden with a Moroccan influence. (S)(R)
4.30 **Final Score** Results round-up. (S)
5.30 **BBC News** (S)
5.40 **Local News** (S)
5.50 **Gladiators** New edition 2/11. A whirlwind entrance from a brand-new Gladiator leaves the contenders shaken. (S)(AD)

6.50 Michael McIntyre's Big Show

6 PM

6.50 Michael McIntyre's Big Show New edition 2/6. Michael Sheen hands over his phone for Send to All, and Olly Murs helps pull off an ambitious surprise on an unsuspecting fan. Plus, music from Craig David. (S)

7 PM

7.50 The Weakest Link New edition 9/14. With TV medics Dr Ranj Singh, Kirsty Mitchell, Dr Xand van Tulleken, Dr Amir Khan, Renee Bailey, Rosie Marcel, Wendi Peters and Dr Linda Papadopoulos. (S)

8 PM

8.35 Pointless Celebrities New edition 8/21. With James Jordan, Gemma Collins, Brian McFadden, Ionica Adriana, Melvin Odoom, Hayley Hasselhoff, Charlie Hedges and Melinda Messenger. (S)

9 PM

9.20 Casualty *Precipice:* Stevie faces a terrible choice following a climbing accident, as Rich makes a revelation that leaves his lover torn between her duties and her personal feelings. (S)(AD)

10 PM

10.10 BBC News (S)
10.30 Match of the Day Gary Lineker presents highlights of the latest Premier League matches, including Liverpool v Ipswich Town and Manchester City v Chelsea. (S)
■ *Match of the Day 2* is on tomorrow at 10.30pm
11.50 FILM **Official Secrets** Fact-based drama about the publication of a leaked GCHQ memo in the run-up to the Iraq War and the devastating consequences for the whistleblower. Stars Keira Knightley and Matt Smith. (S)(AD) (2019, 15, 105min) ★★★★
1.35 AM **Weather for the Week Ahead**
1.40 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.20 AM **Children's Programmes**
9.00 **Monty Don's British Gardens** (R)
10.00 **Animal Babies: First Year on Earth** Documentary. (S)(R)(AD)
11.00 **Our Coast** An exploration of the Merseyside coast. (S)(R)
12.00 NOON **Simply Nigella** Recipes include Asian-flavoured short ribs and fish tacos. (S)(R)(AD)
12.30 PM **Raymond Blanc's Kitchen Secrets** The chef turns his attention to apples. (S)(R)(AD)
1.00 LIVE **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the open singles semi-finals. (S)
5.05 **Hidden Treasures of the National Trust** A look at the treasures at Cambridgeshire mansion Anglesey Abbey. (S)(R)(AD)

8.35 Carole King and James Taylor

6.05 FILM **Porridge** Big-screen spin-off from the popular prison sitcom, starring Ronnie Barker and Richard Beckinsale. Seasoned prisoners Fletcher and Lennie inadvertently manage to escape – but they would much rather be back inside. (S)(AD) (1979, PG, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
7.35 Liz Bonnin's Wild Caribbean 1/4. Liz begins her exploration of the region in the Greater Antilles, where people are learning to forge a relationship with the animals that inhabit this wild terrain. (S)(R)(AD)
8.35 NEW **Carole King and James Taylor: Just Call Out My Name** Director Frank Marshall looks at the early history of multi-Grammy-award-winning artists Carole King and James Taylor – from their early partnership, writing and performing together, to their hugely successful solo careers. (S)
10.10 Carole King: In Concert A performance by the acclaimed singer-songwriter, recorded in July 1971, featuring James Taylor on guitar. (S)(R)
10.40 James Taylor: In Concert A concert from 1971 by the American singer-songwriter, featuring a guest appearance by Carole King. (S)(R)
11.25 **Carole King: Home Again – Live in Central Park** A 1973 homecoming concert. (S)(R)
12.45 AM **Carole King: Natural Woman** Profile of the musician. (S)(R)
1.40 **Carole King and Her Songs at the BBC** Archive performances. (S)(R)
2.40 **Sign Zone: Call the Midwife** (S)(R)
3.40 **to 6.40** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Inside Britain's Food Factories** Lea & Perrins. (S)(R)(AD)
6.30 **Dancing on Ice** (S)(R)
7.50 **Love Your Weekend with Alan Titchmarsh** With Will Kirk. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Alysia Vasey. (S)
11.40 **Ainsley's Fantastic Flavours** New edition The Mediterranean. (S)
12.40 PM **ITV News** (S)
1.00 LIVE **Racing** Coverage from Cheltenham and Doncaster. (S)
4.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **The Chase Celebrity Special** Jon Sopel, Maisie Summers-Newton, Perri Shakes-Drayton and Brian Conley take part. (S)(R)

9.30 North Shore

6.00 Wheel of Fortune New edition Graham Norton hosts as a former airport security official, a housing supervisor and a special educational needs teacher take part in the game show. (S)(AD)
7.00 The Masked Singer New edition 5/8. Joel Dommett hosts as all eight remaining singers take to the stage and compete to remain anonymous, and the panellists choose a fifth celebrity to be unmasked. (S)(AD)
8.30 NEW SERIES **The 1% Club** Lee Mack hosts the quiz show in which the questions are all about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(AD)
9.30 North Shore New episode 4/6. Abigail faces pressure from Simon to close the trade deal, and a breakthrough fills a crucial gap in the case timeline, bringing Meg and Max closer together. (S1) (S)(AD)
■ Entire series on ITVX
10.15 ITV News (S)
10.35 The Murder of Jade Ward: Social Media Murders 1/3. Digital forensics, unseen bodycam footage and police interviews are used to get justice for 27-year-old Jade Ward after she was murdered by her husband. (S)(R)(AD)
11.35 **English Football League Highlights** Recent EFL action, including Luton Town v Millwall. (S)
12.55 AM **Teleshopping**
3.00 **North Shore** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **The Royal Beat** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.10 AM **Cheers** 7&8/26. (S10) (S)(R)
7.05 **The King of Queens** (S)(R)(AD)
7.55 **Frasier** 6-10/24. (S2) (S)(R)(AD)
10.35 **The Simpsons** (S)(R)(AD)
12.05 PM FILM **Tooth Fairy** Fantasy comedy starring Dwayne Johnson. (S)(AD) (2010, PG, 125min) ★★★
2.10 FILM **Transformers** Sci-fi action adventure inspired by the shape-changing toys, starring Shia LaBeouf, Megan Fox and Josh Duhamel. A geeky teenager finds himself caught up in a titanic struggle between good and evil robots who are battling to recover their life source. (S)(AD) (2007, 12, 170min) ★★★★
5.00 **News** (S)
5.30 **Grand Designs** Kevin McCloud follows the building of a home on a tiny plot in Hackney. (S)(R)(AD)

6.30 Sarah Beeny's New Life in...

6.30 Sarah Beeny's New Life in the Country New edition The family go on a holiday down the Kennet and Avon Canal onboard on a 65-foot barge, a lifelong dream of Sarah's. They take on some tricky locks and swim with an urban mermaid. (S)(AD)
7.30 Britain's Most Beautiful Road 3/4. Entrepreneurs Shona and Lewis have given up their jobs to run a takeaway truck in a prime spot serving the finest Highland produce, from fresh lobster to venison. (S)(R)(AD)
8.30 Our Tiny Islands 3/4. A look at the lives of the residents of the Welsh island of Bardsey, which includes Gareth and his wife Meriel, who farm and run a small cafe from their house. (S)(R)(AD)
9.30 FILM **Free Guy** Adventure comedy starring Ryan Reynolds. A bank employee discovers that he is a non-playable character inside a massive open world video game. With Jodie Comer, Taika Waititi and Lil Rel Howery. (S)(AD) (2020, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 FILM **Snatch** Crime comedy drama starring Jason Statham, Benicio Del Toro and Brad Pitt. (S) (2000, 18, 110min) ★★★★
1.35 AM **Ramsay's Kitchen Nightmares USA** 1/2. A Mediterranean restaurant in California. (S)(SL)(R)
2.25 **Kirstie and Phil's Love It or List It** From Whitley Bay. (S)(SL)(R)(AD)
3.20 **The Simpsons** (S)(R)(AD)
4.35 **to 6.20** AM **Frasier** (S)(R)(AD)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.10 **Entertainment News** (S)
9.15 **Winter Road Rescue** (S)(R)
9.40 **Cruising with Jane McDonald** Double bill of editions. (S)(R)
11.30 **The Weekend Travel Show** New edition 3/8. Trips to Cape Verde, the Grand Canyon and Spain's Rioja region. (S)
1.00 PM **Susan Calman's Grand Day Out** Double bill. (S)(R)
3.00 **Happy Campers: The Caravan Park** 5/6. A new food-ordering app goes haywire. (S)(R) **4.00** 6/6. Tencreek hosts an end-of-season party. (S)(R)
4.55 **Last of the Summer Wine: 50 Years of Laughs** A celebration of the much-loved comedy that ran from 1973 to 2010. (S)(R)

8.00 The Battle for Royal Lodge

6.25 **News** (S)

6.30 **Secrets of the Royal Servants** Stories from the Royal Family's household staff, including a cook revealing Queen Elizabeth II's surprisingly simple favourite treat and a footman of the Queen Mother recounting his most embarrassing gaffe, involving wine and Princess Margaret. (S)(R)

8.00 NEW **The Battle for Royal Lodge: Andrew vs Charles** The history of the luxury royal mansion, the current home of Prince Andrew and a former country retreat of the Queen Mother, where the late Queen enjoyed an idyllic childhood. (S)

9.30 NEW **Prince Andrew: Where Did All the Money Go?** One-off documentary investigating Prince Andrew's finances, asking where he gets his money from – and what he has spent it on. (S)

11.00 **When TV Goes Horribly Wrong** A compilation of classic children's TV mishaps. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Mrs Thatcher vs the Miners** Documentary. (S)(R)
4.15 **House Doctor** (S)(SL)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **My Little Pony: Friendship is Magic** (S)(R)
6.50 **Where's Wally** (S)(R)
7.40 **Ultimate Magic Skills** (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
8.30 **The Simpsons** (S)(R)
11.30 LIVE **Football: WSL** Aston Villa v Manchester City: Coverage of the Women's Super League match at Villa Park. Kick-off is at 12.00.
2.30 PM **Football's Funniest Moments** Comical incidents from the football world. (S)(R)
3.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
5.00 **Rust Valley Restorers** Mike takes on a rare Hertz Shelby Mustang for his friend's brother, but the badly damaged car might be too far gone. (S)(R)

9.30 The Bourne Supremacy

6.00 **Dictators' Hideouts** Rumours of an extensive anti-atomic super bunker in Bucharest, said to have been ordered by Romania's most bloodthirsty dictator, Nicolae Ceausescu. (S)(R)

7.00 **Landscape Artist of the Year** Host Stephen Mangan is joined by judges Kathleen Soriano, Kate Bryan and Tai Shan Schierenberg at Hampton Court Palace. (S)(R)

8.00 **The Simpsons** *The Girl Code:* A female coder decides to make Lisa her protégée. (S)(R)

8.30 **A League of Their Own** 3/8. Regulars Romesh Ranganathan, Jill Scott, Jamie Redknapp and Micah Richards joined by Jorginho and Danny Dyer. (S)(R)

9.30 FILM **The Bourne Supremacy** Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. A former CIA assassin tries to discover why his enemies want to kill him. With Franka Potente, Brian Cox, Julia Stiles and Joan Allen. (S) (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 **From** 3/10. Donna and Ellis attempt to talk Boyd out of a dangerous plan. (S)(R) **12.30** AM 4/10. Boyd is forced to make a tough decision when newcomers arrive in town at nightfall. (S3) (S)(R)
1.30 **The Office (US)** (S6) (S)(R)
3.00 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
4.30-5.30pm Open All Mics (S) **11.50** Sportscene: Premiership Highlights **1.05am** FILM Official Secrets (S)(AD) (2019, 15, 105min) ★★★★ **2.50** Weather for the Week Ahead **2.55-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
11.50pm Legends of Welsh Sport: Johnny Owen – The Matchstick Man (S)(R) **12.20am** FILM Official Secrets: As Scotland. **2.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
5.05pm LIVE Irish League Football (S) **7.35** Anna Haugh's Big Irish Food Tour (S)(R) **8.05-8.35pm** Suzie Lee: Home Cook Hero (S)(R)

WALES
Sky 968, Freesat 968
5.05pm Coast (S)(R) **5.30** FILM Porridge (S)(AD) (1979, PG, 90min) ★★★ **7.00** Monty Don's British Gardens (S)(R)(AD) **8.00** The Impossible Show: Tsunami Relief Concert (S)(R) **9.00** NEW Tsunami Concert: One Night in Cardiff (S) **10.00** NEW Carole King and James Taylor: Just Call Out My Name (S) **11.35** James Taylor: In Concert (S)(R) **12.20-12.45am** Carole King: In Concert (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Eryri: Pobol y Parc **11.00** Dau Gi Bach (AD) **11.30** Cwpwrdd Epic Chris **12.00noon** Codi Pac **12.30pm** Teulu'r Castell **1.30** Y Ci Perffaith **2.00** Sain Ffagan (AD) **2.30** Hen Dy Newydd (AD) **3.30** Taith Bywyd (AD) **4.30** Sgwrs Dan y Lloer **5.00** LIVE Clwb Rygbi **7.15** Newyddion a Chwaraeon **7.30** LIVE Clwb Rygbi **9.45** Yn y Lwp **10.20** Alun, Chris a Kiri yn Seland Newydd **11.20-11.55pm** Bois y Pizza: Chwe' Gwlad (AD)

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Ian and Cindy have a heart-to-heart. **7.30** George is determined to find out what Ian is up to.
8.00 **Top Gear** Second-hand sports cars are put to the test during a trip across the Japanese island of Honshu.
9.00 **The Traitors** 10/12. Suspicions are at an all-time high as the game enters its final quarter.
10.00 **The Traitors: Uncloaked** 10/12. Ed Gamble and his guests discuss developments.
10.30 **Two Pints of Lager and a Packet of Crisps** 14/14. Jonny goes for an interview at the biscuit factory. (S5) **11.00** 1/10. Janet is offered a job on a cruise ship. **11.30** 2/10. Jonny leads the campaign for baby-changing facilities in the pub. (S6)
12.00 M'T **Ballers: Ball or Nothing** Double bill.
1.00 AM **Top Gear**
2.00 **Dubai Hustle**
2.30 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Ulster in Focus: Herrings Alive** The daily life of a County Down fisherman.
7.20 **All Creatures Great and Small** *Judgement Day:* James agrees to judge the Darrowby Show. **8.10** *Faint Hearts:* James meets two daughters from very different backgrounds.
9.00 **Crá** New episode 5/6. Conall is held hostage by Ray, the armed prime suspect, who claims he is being framed by the police. **9.45** Series finale 6/6. Neither Ciara-Kate or Conall are convinced that Ray is guilty. Subtitled. (S1)
10.30 **Burns Night 2025** Alistair Heather presents a line-up of music and spoken word performances to honour Scotland's national bard, recorded at Glasgow's City Halls.
11.30 **Robert Burns: The People's Poet**
1.00 AM **Beyond Burns**
2.00 **to 3.45** AM **All Creatures Great and Small**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke** A look back at radical transformations.
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Four in a Bed**
2.35 PM **Come Dine with Me**
5.10 **Four in a Bed** The contest begins at Hazel's Roost in Bainbridge, North Yorkshire. **5.45** From Rhandregynwen Hall in Llanymynech, Powys.
6.15 **Four in a Bed** A visit to the Smart and Simple hotel in Tunbridge Wells, Kent. **6.50** From the Pearfield Bed and Breakfast in Petersfield, Hampshire. **7.25** The winning guest house is announced.
7.55 **999: On the Front Line** Natalka Greenwood and Sam Watson treat a 10-year-old autistic boy.
9.00 **24 Hours in A&E** Cameras follow a woman who has suspected sepsis. **10.00** A woman with life-threatening injuries arrives having been knocked over while crossing a road.
11.05 **Emergency Helicopter Medics** Documentary.
12.05 AM **999: On the Front Line** Medical documentary.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Rude(ish) Tube Shorts**
6.15 **Modern Family**
6.40 **Lego Masters Australia**
8.20 **Don't Tell the Bride**
10.30 **Brooklyn Nine-Nine**
12.55 PM **Ramsay's Kitchen Nightmares USA**
4.55 **The Big Bang Theory** 10/23. Bernadette takes a sudden interest in physics. **5.30** 11/23. Leonard's mother pays a visit. **5.55** 12/23. Raj falls in love. **6.25** 13/23. Sheldon and Leonard's flat is burgled. (S3)
6.55 FILM **Dante's Peak** Disaster drama starring Pierce Brosnan and Linda Hamilton. A scientist tries to convince the inhabitants of a small town that a long dormant volcano is about to erupt. With Jamie Renée Smith and Jeremy Foley. (1997, 12, 108min) ★★★
9.00 **Celebrity Gogglebox** Famous faces appraise *24 Hours in A&E, Mission: Impossible – Fallout, Sky Coppers, The Chase* and *Jamie's One-Pan Wonders.*
10.00 **Gogglebox** *Squid Game: The Challenge, I'm a Celebrity... Get Me Out of Here!, The Crown* and *Planet Earth III* are appraised.
11.05 **Gogglebox**
12.10 AM **First Dates**
2.20 **Gogglebox**
4.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Saturday primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **Brit Cops: Law & Disorder**
8.00 **Motorway Patrol**
9.00 **Highway Patrol**
10.00 **Border Patrol**
12.00 NOON **Border Security: Canada's Front Line** A detector dog sniffs out trouble in an unclaimed case. **12.30** PM A Canadian who is wanted in Alberta is stopped en route to Ecuador.
1.00 PM **UK Border Force**
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.

10.00 Elsbeth

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM

9.00 **Coroner** *Safe Space:* 10/12. Death follows River and Dennis as they move into a new apartment. (S4)

10 PM

10.00 **Elsbeth** *Reality Shock:* 3/10. Elsbeth and Kaya investigate when a reality TV star is found dead in her bathtub. (S1)
11.00 **Chicago Fire** 11/22. Firehouse 51 prepares for an inspection, while Brett fights to save her paramedicine programme. (S11)
12.00 M'T **The Equalizer** 10/10. (S1)
1.00 AM **For Life** 5/13. (S1)
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
8.45 **The Sopranos** (S4&5)
2.20 PM **Boardwalk Empire** 7/8. Willie and Eli are dragged in Nucky's war with Luciano. **3.25** 8/8. Nucky considers moving to Manhattan. (S5)
4.30 **Perry Mason** 1/8. Origin story of the defence lawyer starring Matthew Rhys. In 1931 Los Angeles, Perry investigates a child kidnapping gone wrong **5.30** 2/8. A shocking admission from Baggerly meets Mason's wrath. (S1)

10.05 The Tattooist of Auschwitz

7 PM

6.45 **Perry Mason** 3/8. Maynard Barnes goes public with a new development and gains access to evidence. (S1)

8 PM

8.00 **Riviera** 9/10. Georgina learns some shocking news about Nico and Irina threatens to crack as the family's suspicions grow.

9 PM

9.00 **Riviera** 10/10. Irina's fate forces Georgina to face the damage she has inflicted on the family. (S2)

10 PM

10.05 **The Tattooist of Auschwitz** 4/6. Gita grows worried over the whereabouts of Lali. Partly subtitled. (S1)
11.10 **Game of Thrones** 1/10. Robb Stark marches south to avenge his father. **12.15** AM 2/10. Theon is reunited with his father. (S2)
1.20 **Game of Thrones** (S2)
4.35 **In Treatment** 2/43. (S1)
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Supergirl** 9-11/20. (S6)
9.00 **Grimm** 5-8/22. (S1)
1.00 PM **Stargate Origins: Catherine** Sci-fi spin-off.
3.00 **NCIS: New Orleans** 1/16. The city grapples with COVID-19. **4.00** 2/16. Tammy and Carter investigate a suspicious death aboard the humanitarian ship. **5.00** 3/16. The team take on a group of corrupt cops. **6.00** 4/16. The mayor asks Pride to join her new task force to address systemic issues plaguing the city. (S7)

10.30 TWD: The Ones Who Live

7 PM

7.00 **Rob & Romesh vs Drag** The duo dive into the world of drag queens with Michelle Visage, The Vivienne and Baga Chipz.

8 PM

8.00 **Football's Funniest Moments** Comical events from the football world.
8.30 **A League of Their Own** Romesh Ranganathan hosts the sports-based comedy quiz, with guests Jorginho and Danny Dyer.

9 PM

9.30 **Strike Back: Vengeance** 4/10. Stonebridge and Scott seek refuge in a farmhouse. (S3)

10 PM

10.30 **The Walking Dead: The Ones Who Live** *Gone:* 2/6. Michonne gets unexpected help. (S1)
11.35 **From** 3/10. Kenny leads a group into the forest. **12.30** AM 4/10. Boyd must make a tough decision. (S3)
1.30 **Warrior** 6/10. (S3)
2.35 **The Force: Manchester**
3.30 **Road Wars**
4.00 **Sun, Sea and A&E**
5.00 **to 6.00** AM **Sun, Sea and A&E: South Africa**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **Secret Crush** Double bill.
11.05 **Dinner Date**
12.05 PM **Ant & Dec's Limitless Win**
1.05 **The Masked Singer**
2.35 **Wheel of Fortune**
3.35 **Celebrity Catchphrase** Featuring Richard Ayoade, Katie McGlynn and Joe Swash.
4.40 **FILM Sing 2** Animated musical sequel with the voice of Matthew McConaughey. (2021, PG, 110min) ★★★★

6.55 Yes Man

7 PM

6.55 **FILM Yes Man** Comedy starring Jim Carrey. After attending a motivational seminar, a persistent naysayer vows to say yes to everything, which throws his quiet life completely out of whack. (2008, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM

9.00 **Love Island: All Stars – Unseen Bits** New edition Iain Stirling showcases unseen moments from the show.

10 PM

10.05 **Family Guy** 7/20. Stewie becomes addicted to playing hide-and-seek. **10.35** 17/20. Lois's piano student comes to work for the Griffins. (S20)
11.05 **Family Guy** 18/20. (S20)
11.35 **American Dad!** (S17)
12.35 AM **The Sex Lives of College Girls** 5-7/10. (S2)
2.15 **Iain Stirling's CelebAbility**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Bless This House**
6.35 **Inspector Morse**
10.55 **The Durrells** Double bill.
12.55 PM **A Touch of Frost** *Nothing to Hide:* The apparent accidental death of a drug addict takes a surprising turn.
3.05 **Agatha Christie's Marple** *4.50 from Paddington:* The sleuth investigates a friend's claim to have seen a murder committed on a passing train.
5.05 **Midsomer Murders** *Master Class:* A music prodigy witnesses a woman drowning.

7.00 Midsomer Murders

7 PM

7.00 **Midsomer Murders** *The Silent Land:* Joyce Barnaby is involved in a car accident, and when a body is found in a cemetery she thinks she is to blame, leading Tom into an investigation to find the real killer.

8 PM

9 PM

9.00 **Vera** *The Ghost Position:* The detective's former colleague is left badly burned when his house is petrol-bombed, while his teenage daughter fights to survive in intensive care.

10 PM

11.00 **Shetland** 1&2/6. (S5)
1.10 AM **Long Lost Family Special: The Unknown Soldiers** The search for the families of nine dead soldiers.
2.05 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Celtic v Dundee.
8.30 **NEW Burns Night** Music and spoken word performances, hosted by Alistair Heather.
9.30 **Loop: Tam o' Shanter** Karen Dunbar recites Robert Burns' poem.
9.40 **Music Vault: Robert Burns Special** With Paolo Nutini, KT Tunstall, Deacon Blue, Big Country and Eddi Reader.
10.25 **Mrs Brown's Boys** 3/6. Dermot announces his choice of best man. (S1)
10.55 **Two Doors Down** 3/6. Beth's hopes of a nice quiet Sunday lunch are dashed. (S2)
11.25 **Scot Squad** 2/5. (S7)
11.55 PM **to 12.00** M'T **Loop**

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S2)
9.50 **Silicon Valley** (S3)
12.50 PM **Entourage** (S4&5)
3.35 **Ballers** 1-5/10. (S3)
6.30 **The Office (US)** Five episodes, including at: **7.30** 15/26. Guest stars Kathy Bates and Christian Slate . **8.00** 16/26. A visit from the Sabre CEO brings bad news for either Michael or Jim. **8.30** 17/26. Part one of two. Pam prepares to give birth. (S6)
9.00 **Atsuko Okatsuka: The Intruder** Stand-up.
10.15 **Entourage** 5/12. The guys go on a mind-expanding trip. **10.50** 6/12. A childhood friend approaches Vince for help. (S5)
11.25 **Rosie Molloy Gives Up Everything** 5&6/6. (S1)
12.30 AM **Saturday Night Live**
2.00 **Black Monday** (S3)
3.15 **In the Long Run** (S1)
3.45 **to 5.00** AM **Barry**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **English National Ballet in Paris**
7.15 **Len Phillips Swing Orchestra's 100 Years of Big Bands**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM Sherlock Holmes in Dressed to Kill** (1946, b/w, U) ★★★
2.20 **Landscape Artist of the Year**
3.20 **FILM Ordeal by Innocence** Mystery. (1985, 15, 87min) ★★
5.00 **The Hollies: Look Through Any Window**
7.30 **Beach Boys: Good Vibrations Tour**
8.30 **Roy Orbison Forever**
9.45 **Johnny Cash – A Night to Remember Live 1973** From Los Angeles.
10.45 **Supershow: The Last Great Jam of the 60s**
12.15 AM **Eric Clapton: Nothing But the Blues**
2.30 **Greatest Albums Live**
4.00 **Classic Albums**
5.00 **to 6.00** AM **Discovering**

Sky Mix

151 135 11 141

6.00 AM **Nothing to Declare**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Nothing to Declare**
11.00 **Highway Cops**
11.30 **Monkey Life**
2.00 PM **Wildlife ER**
3.00 **Wildlife Rescue New Zealand** Documentary.
4.00 **Dogs: An Amazing Animal Family**
5.00 **Patrick Aryee's Wild World** Documentary.
6.00 **Secret World of Sound with David Attenborough**
7.00 **Predators**
8.00 **Caught on Dashcam**
9.00 **Made for Murder**
10.00 **Sex and the City** (S1)
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Nothing to Declare**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **The Real Housewives of Jersey** Reality series.
9.10 **Gino's Italy: Secrets of the South** Double bill.
10.10 **Scott's Vacation House Rules** Triple bill.
1.05 PM **Project Bakeover**
4.00 **The Big Bake**
6.00 **Celebrity Dinner Date** Singer and actor Jon Lee picks three blind dates. **7.00** Anton Danyluk is given five menus to pick three blind dinner dates.
8.00 **Celebrity Dinner Date**
9.00 **FILM What to Expect When You're Expecting** Ensemble comedy starring Cameron Diaz. (2012, 12, 105min) ★★
11.15 **Kavos Weekender**
12.15 AM **The Real Housewives of Miami**
1.15 **Unwind**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the drama, including at: **7.00** *Why Punish the Children?* 9/24. Jonathan tries to change the rules at a women's prison. **8.00** *A Dream of Wild Horses:* 10/24. Jonathan tries to convince a rancher that he is not too old for the job. (S4)
9.00 **Garage Sale Mysteries: Pandora Box Murders** Crime drama starring Lori Loughlin, Sarah Strange and Steve Bacic.
10.55 **Garage Sale Mysteries: A Case of Murder** Crime drama with Lori Loughlin and Sarah Strange.
12.50 AM **The New Avengers**
3.00 **Randall and Hopkirk (Deceased)** 23/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **World of Sport**
6.15 **The Protectors**
6.45 **Karen Carney's Leaders of the Pack** With Asisat Oshoala.
7.10 FILM **Chisum** Western. (1970, PG, 110min) ★★
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.25 **Cadfael** 3/4. (S1)
12.55 PM **River Monsters**
1.25 **The Motorbike Show**
2.25 **Junk and Disorderly**
3.30 **The Best of the 70s**
3.45 **Sharpe** *Sharpe's Enemy.*

3.45 Sharpe

6.00 LIVE **World Series of Darts** Ali Drew presents coverage of day two of the Dutch Masters from Maaspoort Den Bosch in 's-Hertogenbosch, featuring the quarter-finals, semi-finals and finals. Analysis comes from Mark Webster, with commentary by Dan Dawson and Mark Wilson.

10.00 FILM **Jaws 3** Adventure sequel with Dennis Quaid and Bess Armstrong. (1983, 12, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **River Monsters**
1.00 **English Football League Highlights** Recent action.
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 2-6/26. (S3)
4.00 PM **Star Trek: Voyager** 16/16. Tuvok's attempt to instruct Maquis crew members in Starfleet protocol triggers a mutiny. (S1)
5.00 1/26. The crew stumble across an aircraft from Earth stranded on a strange planet.
6.00 2/26. Chakotay unwittingly condemns a Kazon child to death. (S2)

9.00 The Walking Dead

7.00 **Star Trek: Voyager** *Projections:* 3/26. The holographic doctor is activated and learns the ship has been abandoned.

8.00 **Star Trek: Voyager** *Elogium:* 4/26. The ship is ensnared in a bizarre energy field, accelerating Kes's mating cycle. (S2)

9.00 **The Walking Dead** *Chupacabra:* 5/13. Daryl is thrown from his horse and injured, leaving him open to attack from walkers.

10.00 **The Walking Dead** *Secrets:* 6/13. Maggie begs Glenn to keep quiet about the walkers in Hershel's barn. (S2)
11.00 **The Walking Dead** 7/13. Shane plans to destroy all the walkers in Hershel's barn.
12.00 M'T 8/13. Shane and Rick's differences erupt.
1.00 AM 9/13. Shane attempts to rescue Lori. (S2)
2.00 FILM **3 Headed Shark Attack** Thriller. (2015, 18, 89min) ★★
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
10.00 **Hudson & Rex** (S5)
2.00 PM **Inspector George Gently** *Bomber's Moon:* A German businessman is found dead in the harbour. With Tim Healy.
4.00 **Father Brown** *The Last Supper:* A food fayre comes to town – bringing murder with it.
5.00 *The Father, The Son:* Flambeau is stunned to find his estranged father at St Mary's.
6.00 *The Quill of Osric:* A novelist is attacked at a crime-writing festival.

9.00 Shakespeare & Hathaway

7.00 **Father Brown** *The Word of the Condemned:* Lady Felicia asks the sleuth to prove a serial killer didn't kill her goddaughter.

8.00 **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Lu come to the aid of allotment holders.

9.00 **Shakespeare & Hathaway: Private Investigators** 4/10. A carpet magnate is killed in an accident. (S3)

10.00 **Beyond Paradise** 3/6. A beloved painting disappears in a seemingly impossible heist. (S1)
11.00 **Alaska Daily** 3/11. Eileen, Roz and Sylvie travel to Meade to learn more about a suspect and connect with the local police chief. (S1)
12.00 M'T **Evil** 3/10. (S3)
1.00 AM **The Diplomat** 2/6. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.05 AM **Open All Hours**
7.50 **The Two Ronnies**
9.40 **Only Fools and Horses**
1.10 PM **Only Fools and Horses** Four episodes, including at:
4.35 Christmas special from 1989. The Trotter brothers go on a lads' day out to Margate, but they end up stranded in the seaside town overnight.
6.30 Christmas special from 1990. Rodney leaves home after a fight with Cassandra and arranges a date in an effort to make his wife jealous.

4.35 Only Fools and Horses

Only Fools and Horses (started at 6.30pm)

8.10 **Only Fools and Horses** Feature-length Christmas special from 1988. Del Boy embarks on a new romance with Raquel, an actress he meets through a computer dating agency, while Rodney takes 'Nervous Nerys' out in the three-wheeler.

10.00 **Only Fools and Horses** Christmas special from 2003. The Trotters urgently need money to pay the Inland Revenue.
11.40 **Billy Connolly Does...** Billy ponders the best approach to growing old.
12.40 AM **Bottom 2001: A*** Oddity Live** Rik Mayall and Adrian Edmondson star in a stage show based on the series.
2.45 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Extreme Salvage Squad**
10.00 **Train Truckers**
12.00 NOON **Eddie Eats America**
1.00 PM **Storage Hunters UK**
1.30 **Guy Martin: The World's Fastest Electric Car?**
3.00 **Robson's Extreme Fishing Challenge** Double bill.
5.00 **Turkey with Simon Reeve**
6.00 **Mortimer & Whitehouse: Gone Fishing** The duo fish for perch on the River Thames.
6.40 Paul and Bob head to a lake deep in the Surrey Hills.

5.00 Turkey with Simon Reeve

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob venture to Ireland to fish Lough Corrib.

8.00 **Special Ops: To Catch a Criminal** An RSPCA Special Ops team investigate a criminal puppy farming operation.

9.00 **Not Going Out** Geoffrey allows Lee to help clean up his new extension.
9.40 Lucy invites the family to join her and Lee in a *Crystal Maze*-style adventure game.
10.20 A missing toy keyring leads to a rift with Toby and Anna.
11.00 **QI XL** Guest Ria Lina, Eshaan Akbar and Jimmy Carr join Sandi Toksvig and Alan Davies.
12.00 M'T **Have I Got a Bit More News for You** Double bill.
2.00 AM **David Mitchell's Outsiders**
3.00 **to 4.00** AM **Live at the Moth Club**

+1 hour 211/212 327 74

Saturday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **A New Life in the Sun** Five editions.
2.00 PM **A Place in the Sun**
8.00 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer tackle a sizable challenge in Whitley Bay.
9.00 **Grand Designs Revisited** A fortress-like home on the southern edge of the West Pennine Moors.
10.00 **8 Out of 10 Cats Does Countdown** With Jon Richardson, Danny Dyer, Big Zuu and Helen Bauer.
11.05 Jon Richardson and Guz Khan take on Katherine Ryan and Joe Wilkinson.
12.05 AM **Celebrity Gogglebox**
1.10 **Manhunt**
2.15 **24 Hours in Police Custody: The Unusual Suspects** Documentary.
3.15 **The Great Pottery Throw Down**
4.25 **to 4.55** AM **Food Unwrapped**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S5)
1.05 PM **NCIS** Eight episodes of the series, including at:
6.00 *Witch Hunt:* 6/24. Kidnappers strike on Halloween, wounding a Marine sergeant and snatching his daughter.
7.00 *Sandblast:* 7/24. A Marine colonel is killed in an explosion.
8.00 *Once a Hero:* 8/24. A former Marine falls to his death. (S4)
9.00 **Criminal Minds** *Hero Worship:* 14/23. The agents race against the clock to find a bomber.
10.00 *Scream:* 15/23. The team pursue a man driven to kill by past memories. (S10)
11.00 **Law & Order: Special Victims Unit** (S12)
2.50 AM **New York Undercover** (S1)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Entertainment News**
8.10 **Dirty Home Rescue**
12.05 PM **Nightmare Tenants, Slum Landlords**
5.05 FILM **The Time Machine** Sci-fi action adventure starring Guy Pearce. (2002, PG, 96min) ★★
7.10 FILM **Rush Hour 3** Action comedy sequel starring Jackie Chan. (2007, 12, 91min) ★★
9.00 FILM **Sherlock Holmes** Guy Ritchie's rollicking action adventure starring Robert Downey Jr and Jude Law. (2009, 12, 128min) ★★★★
11.40 FILM **Austin Powers: The Spy Who Shagged Me** Spoof thriller sequel starring Mike Myers and Heather Graham. (1999, 12, 94min) ★★★
1.35 AM **Skin A&E**
3.25 **Car Pound Cops**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Car Pound Cops**
9.40 **Trucking Heavy**
10.40 FILM **Star Trek VI: The Undiscovered Country** Adventure sequel with William Shatner. (1991, PG, 109min) ★★★★
1.00 PM **Police Interceptors**
4.00 **Winter Road Rescue**
6.25 FILM **Waterworld** Sci-fi action adventure starring Kevin Costner and Jeanne Tripplehorn. (1995, 12, 134min) ★★★
9.00 FILM **Demolition Man** Thriller starring Sylvester Stallone. A disgraced cop is released from cryogenic imprisonment into a pacifist future (1993, 15, 114min) ★★★
11.25 FILM **Lone Wolf McQuade** Action drama starring Chuck Norris. (1983, 15, 107min) ★
1.40 AM **Trucking Heavy**
2.40 **Trucking Hell**
3.35 **to 4.00** AM **Car Pound Cops**

U&W

132/133 827 125 25 156

6.20 AM **The Bill**
11.15 **Tipping Point**
3.25 PM **My Family**
5.15 **Outnumbered** Six episodes, including at:
6.30 Pete worries he might be out of a job.
7.10 Pete and Sue hold a dinner party.
7.50 Sue and Pete try to make it peacefully through a wedding day.
8.25 Ben tries to get elected as the class rep.
9.00 **Gavin & Stacey** The newlyweds argue while on a night out.
9.40 Bryn tries to organise a surprise for Gwen's birthday.
10.15 Smithy plans a boys' night out.
10.55 Nessa goes into labour a month early.
11.30 **Chewing Gum**
12.40 AM **Property Brothers: Forever Homes**
2.20 **to 3.00** AM **Date Night**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.30 AM **Classic EastEnders**
2.00 PM **Kingdom**
3.00 **Father Brown**
5.00 **The Brokenwood Mysteries** *Dog Day Morning:* 3/6. The team investigate the murder of the Brokenwood Savings Bank manager.
7.00 *Something Nasty at the Market:* 4/6. Mike, Kristin and the team look into the murder of a farmer's market owner. (S7)
9.00 **Miss Marple** *Sleeping Murder:* A dream home turns into a nightmare.
11.20 **The Miniaturist** 2/3. Nella faces danger as Johannes is accused by the Amsterdam authorities. (S1)
12.30 AM **The Heart Guy**
1.30 **Sister Boniface Mysteries** 1/10. (S3)
2.30 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60

SATURDAY Entertainment

Really
142 128 17 145

6.00 AM **Celebrity Fantasy Homes** With Lee Sharpe.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector** Alex Polizzi is enlisted to rescue Spanhoe Lodge in Northamptonshire. **7.00** From the Coach and Horses in Dorset. **8.00** Alex helps the owner of the Grenfell Arms in Maidenhead.
9.00 **The Repair Shop** Items include a ship clock and a 1960s skateboard. **10.00** The team revive an Afro-Caribbean doll. **11.00** A mechanical children's ride is restored.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Celebrity Fantasy Homes**

Challenge
145 139 48 142

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Double bill.
11.00 **All Star Family Fortunes** With Jimmy Osmond and Sara Cox. **11.40** Jean-Christophe Novelli and David Dickinson take part. **12.20** PM Lee Ryan and Melinda Messenger compete for charity.
1.00 **Cash Trapped**
3.00 **The Chase Celebrity Special** Triple bill.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Colborne family from Basingstoke take part in the quiz show.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 426 42

8.00 AM **Wild West Chronicles** Western.
8.30 **Wanted: Dead or Alive**
9.00 **The Battle of Britain**
10.10 FILM **Waterloo** Drama. (1970, U, 132min) ★★★
1.00 PM **Wanted: Dead or Alive** 25/36. (S1)
1.40 FILM **The Tall T** Western. (1957, PG, 78min) ★★
3.25 FILM **The Big Trail** Western drama. (1930, b/w, U, 117min) ★★
6.00 FILM **Flight of the Phoenix** Adventure. (2004, 12, 113min) ★★★
9.00 FILM **End of a Gun** Thriller with Jade Ewen. (2016, 15, 87min) ★★
10.55 FILM **The Commando** Thriller with Michael Jai White and Mickey Rourke. (2022, 15, 89min) ★★
1.05 AM FILM **Solar Attack** Sci-fi disaster movie. (2005, PG, 90min) ★★
3.10 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM FILM **The Lease** Thriller. (2017, PG) ★★
11.00 FILM **Lost Letter Mysteries: Impossible Dream** (2015, PG) ★★
12.55 PM FILM **Lost Letter Mysteries: From the Heart** (2016, PG) ★★
2.50 FILM **Australia** Romantic adventure. (2008, 12, 158min) ★★★
6.05 FILM **Angels & Demons** Mystery thriller. (2009, 12, 138min) ★★
9.00 FILM **Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★
11.20 FILM **Kill Command** Sci-fi thriller. (2016, 15, 100min) ★★★
1.25 AM FILM **An Emma Fielding Mystery – Past Malice** Drama. (2018, PG, 90min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **Another Mother** Thriller. (2020, PG, 89min) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM FILM **Sealed with a Kiss** Romantic drama. (2015, PG, 85min) ★★
10.05 FILM **Love in Design** Romantic comedy. (2018, PG, 86min) ★★
12.00 NOON FILM **Frozen in Love** Romantic drama. (2018, PG, 84min) ★★
1.55 PM FILM **Harvest Love** Drama. (2017, PG) ★★
3.50 FILM **Season for Love** Drama. (2018, PG) ★★
5.45 FILM **Love to the Rescue** Romantic drama. (2019, PG, 84min) ★★
7.40 FILM **The 27-Hour Day** Romantic drama. (2021, PG, 84min) ★★
9.35 FILM **Love by Chance** Romantic comedy. (2016, PG, 95min) ★★
11.40 FILM **Love's Match** Drama. (2021, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Winter Princess** Drama. (2019, PG) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Huckleberry Finn and His Friends**
8.30 **Monkey** 10/26. (S1)
9.30 **I Dream of Jeannie**
10.30 **Blue Thunder** (S1)
1.30 PM **Watching** (S4&5)
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **I Dream of Jeannie** (S1)
7.00 **Mitch** 7/10. A postman is shot while stopping armed robbers. (S1)
8.00 **Bust** 3/6. Neil jumps at a new share deal. (S1)
9.00 **The Mrs Merton Show**
9.35 **Married... with Children** 12/13. Al arrives at a crossroads in his life. **10.05** 13/13. Al and Peggy eat out. (S1) **10.35** 1/13. Pilot episode of the long-running sitcom. (S1)
11.05 **Police Woman** (S1)
12.05 AM **Blue Thunder**
3.05 **Mitch** As 7.00pm.
4.00 **The Mrs Merton Show**
4.30 **Monkey** 10/26. (S1)
5.30 **to 6.00** AM **Hancock**

DMAX
159 169 39 147

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Four editions.
6.00 **Australian Open Highlights** Action from the women's singles final.
7.00 **Jeremy Wade's Dark Waters** Jeremy searches for the man-sized pike in the lakes of Ireland. **8.00** Investigating reports of a monster fish in Italy's Lake Garda.
9.00 **My Feet Are Killing Me** After 25 failed surgeries, a woman is desperate for help with her twisted toes, while Dr Brad examines a giant callus. **10.00** Dr Ebonie faces a bunion that looks like something from a horror movie.
11.00 **Body Bizarre** Triple bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **The Pioneer Woman**
11.00 **James Martin's Islands to Highlands**
3.00 PM **Paul Hollywood: City Bakes** Five editions.
8.00 **Adam Richman Eats Football** Tottenham's football food culture.
8.30 **Adam Richman Eats Britain** Adam has a hot pot in Lancashire.
9.00 **Man v Food** The Davy Jones Locker challenge. **9.30** The Ultimate Destroyer challenge. **10.00** The Ludicrous Wings challenge. **10.30** Adam Richman visits Portland, Maine. **11.00** Adam's quest takes him to Butte. **11.30** Adam tries to eat 29 catfish fillets. **12.00** M'T The Big Ugly Burger challenge. **12.30** AM The Frittata challenge in Syracuse.
1.00 **to 3.00** AM **Cake Boss**
+1hour 240/241 154

Legend
148 149 41 137

7.00 AM **The Twilight Zone**
8.00 FILM **Lost City Raiders** Sci-fi action adventure. (2008, 12, 90min) ★★
10.00 **T.J. Hooker** (S2&3)
3.00 PM FILM **Mother Lode** Action adventure. (1982, 15, 101min) ★★
5.00 FILM **Orca... Killer Whale** Adventure. (1977, PG, 92min) ★
6.55 FILM **Biggles: Adventure in Time** Time-travel adventure. (1986, PG, 108min) ★★
9.00 FILM **Escape Plan** Action thriller starring Sylvester Stallone. (2013, 15, 113min) ★★★
11.15 FILM **Escape Plan 2: Hades** Thriller sequel. (2018, 15, 96min) ★★
1.10 AM FILM **Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
3.05 **to 4.50** AM FILM **The Satanic Rites of Dracula** Horror chiller. (1973, 18, 88min) ★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Shark Lake** Disaster thriller starring Sara Malakul Lane. (2015, 15, 89min) ★★
8.00 **The Gambler V: Playing for Keeps**
12.00 NOON FILM **Flight World War II** Thriller starring Faran Tahir. (2015, 12, 85min) ★★
2.00 PM FILM **Beware! The Blob** Sci-fi comedy horror sequel starring Robert Walker Jr. (1972, 15, 87min) ★★
4.00 **Farscape** (S1)
9.00 FILM **Braven** Action thriller starring Jason Momoa and Jill Wagner. (2018, 15, 94min) ★★★
10.55 FILM **Universal Soldier: Regeneration** Action thriller sequel with Jean-Claude Van Damme and Dolph Lundgren. (2009, 18, 97min) ★★★
1.00 **to 3.00** AM FILM **Braven** As 9.00pm.
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Container Wars**
8.00 **Swamp People: Serpent Invasion**
9.00 **Wicked Tuna**
10.00 **Blown Away**
11.00 **A Cut Above**
12.00 NOON **Strange Evidence** Double bill.
2.00 PM **Breaking Mysterious**
3.00 **Ancient Aliens**
8.00 **In Search of Aliens** The new clues narrowing down the possible location of Atlantis.
9.00 **Conspiracy Files: Unsealed** The possibility of human cloning. **9.30** A look into whether Bigfoot exists.
10.00 **Hardcore Pawn** Les gets invited to give a lecture at a local school. **10.30** Les questions Ashley's management.
11.00 **Storage Hunters**
1.00 AM **Container Wars**
2.00 **Court Cam**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT
153 138 46 133

9.00 AM **Secrets of the Royal Palaces**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **The Pacific War in Colour** Double bill.
7.00 **Nazi Megastructures** A look at Japan's use of suicide pilots in 1944. **8.00** The Siegfried Line, considered one of the greatest fortifications in warfare history.
9.00 **Hitler: Could He Have Been Stopped?** 1&2/2. Historians consider occasions when World War Two might have been avoided.
11.00 **Warship: Life at Sea** HMS *Duncan* is deep in the heart of the Black Sea as it heads towards Crimea when a tense situation develops between the Royal Navy vessel and a Russian ship it has been tracking.
12.00 M'T **to 4.00** AM **The Teacher**

HGTV
158 191 44 149

7.00 AM **A Place in the Sun**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Four editions.
7.00 **Escape to the Country** Jules Hudson helps a newlywed couple find a home in Hertfordshire. **8.00** A couple search for a home with holiday let potential in Cornwall. **9.00** Nicki Chapman helps a composer with a budget of £450,000 find a home in the Shropshire countryside. **10.00** A couple search for their dream home in rural Oxfordshire. **11.00** A couple seek a rural retreat in Somerset. **12.00** M'T A couple search for a property in North Yorkshire.
1.00 AM **100 Day Dream Home** Property series.
2.00 **to 4.00** AM **Home Town**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress: UK** Double bill.
9.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **1000-lb Sisters**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **1000-lb Best Friends**
8.00 **My Big Fat Fabulous Life** Reality series.
9.00 **7 Little Johnstons**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **7 Little Johnstons**
3.00 **Sex Sent Me to the ER**
4.00 **My Big Fat Fabulous Life** Reality series.
5.00 **to 6.00** AM **Curvy Brides Boutique**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Friends** (S8&9)
4.00 PM FILM **Sweet Home Alabama** Romantic comedy starring Reese Witherspoon. (2002, 12, 109min) ★★★
6.10 **Friends** 4-6/24. (S9)
7.55 **Mr Bean** Double bill.
9.00 **Lee Evans: Big – Live at the O2** Stand-up.
10.00 FILM **This is Spinal Tap** Spoof rock documentary with Christopher Guest, Michael McKean and Harry Shearer. (1983, 15, 83min) ★★★★★
11.40 **Beavis and Butt-Head Do the Universe**
1.30 AM **Mike Judge's Beavis and Butt-Head**
2.30 **Whose Line Is It Anyway? USA**
3.25 **Rosie Jones Tries to Help** With Ed Gamble.
3.30 **Lee Evans: Big – Live at the O2** Stand-up.
4.15 **to 5.00** AM **Guessable?**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Becker** 13-20/22. (S5)
1.00 PM **Impractical Jokers**
4.00 **Friends** 4-7/24. (S9)
6.10 **Whose Line Is It Anyway? USA**
9.00 **Friends** 8/24. Rachel's sister Amy joins the gang for Thanksgiving. With Christina Applegate. **9.30** 9/24. Rachel impulsively gives a handsome restaurant patron her number. (S9)
10.00 **Friends** 10-16/24. (S9)
1.35 AM **New Girl** (S2)
2.35 **Jimmy Carr: Making People Laugh** Stand-up show from Glasgow.
3.20 **Jimmy Carr: Being Funny** Stand-up.
4.05 **Al Murray: Giving It Both Barrels** Stand-up.
4.50 **Modern Horror Stories**
4.55 **Mike Judge's Beavis and Butt-Head** (S2)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **The Real A&E**
9.00 **Four Weddings**
10.00 **Celebrity Four Weddings** Reality series.
11.00 **Nothing to Declare**
2.00 PM **MacGyver** (S1&2)
7.00 **New Amsterdam** *Falling:* 11/13. Helen Sharpe returns to New York. **8.00** *Right Place:* 12/13. Max faces a dilemma over a cancer drug while learning a secret about his own bout with the disease. **9.00** *How Can I Help:* 13/13. Everyone's story reaches a surprising yet inevitable climax. (S5)
10.00 **The Flash** 1&2/18. (S7)
12.00 M'T **The Russell Howard Xmas Hour**
1.00 AM **A League of Their Own** Double bill.
3.00 **Four Weddings**
4.00 **Celebrity Four Weddings** Reality series.
5.00 **to 6.00** AM **Four Weddings**

MTV
126/127 824 134

6.00 AM **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Catfish: Catch of the Day** Reality series.
7.00 **Catfish: The TV Show** Danny's online love seems to have ties to a former catfish. **8.00** The first-ever virtual catfish edition.
9.00 **Badass Brides** A bride sets her heart on a Christmas-themed wedding, but she doesn't yet have a budget set.
10.00 **Ink Master** The teams start to fall apart. **11.00** Tempers explode when Heather challenges the judges.
12.00 M'T **Geordie Shore**
1.00 AM **True Life Crime**
2.00 **Catfish: The TV Show**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
12.00 NOON **Gold Divers** Six editions of the series, including at: **2.00** PM The revamped *Myrtle Irene* is back in action and on the hunt for gold. **3.00** Shawn weighs gold from the *Myrtle Irene*'s first run of the season. **4.00** 1/2. Zeke hopes to find his perfect claim match. **5.00** 2/2. Vernon's luck with divers gets worse.
6.00 **Gold Rush** Brennan reaches breaking point and confronts one of Kevin's crew members.

12.00 Gold Divers

7.00 **Jade Fever** Claudia comes up with alternative ways to make money. **7.30** The crew push a huge boulder to camp.
8.00 **Gold Rush** Determined to keep his hot streak going, Tony scrambles to save a flipped truck and replace a downed bridge.
9.00 **Marooned with Ed Stafford** The adventurer struggles to survive in the dense jungles along Colombia's Orinoco River.
10.00 **Mystery at Blind Frog Ranch** Chad and Eric discover a mine in the mountains and suspect they are being stalked.
11.00 **Moonshiners** Mark and Digger spot their liquor thief.
12.00 M'T **Impossible Builds** Exploring one of the most complex skyscrapers ever built.
1.00 AM **Border Control: Europe**
2.00 **Moonshiners** Double bill.
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A tropical oasis.
9.00 **Crikey! It's the Irwins**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A private river.
1.00 PM **Crikey! It's the Irwins**
2.00 **Sharks vs Dolphins: Face Off**
3.00 **Blue Serengeti** A portrait of three shark hotspots off the coast of California.
4.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** Lucas is asked to create a pool for golfer JB Holmes.

8.00 Swimming with Monsters

7.00 **How Do Animals Do That?** How hamsters stuff so much in their cheeks. **7.30** How a dog knows when its owner is sick.
8.00 **Swimming with Monsters with Steve Backshall** The naturalist travels to Brazil to swim with anacondas.
9.00 **Rugged Justice** A vessel is in danger of sinking, and a sex offender attempts to flee after being confronted.
10.00 **The Last Alaskans** The families demonstrate why finding food is essential to surviving 400 miles from civilisation.
11.00 **Insane Pools: Off the Deep End** Lucas and his crew create a giant double-pool.
12.00 M'T **Monsters Inside Me** A parasite eats a boy's leg.
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
12.00 NOON **Colossal Machines**
1.00 PM **Nazi Megastructures**
2.00 **WW2 Heroes of the Sky** Exploring the US Eighth Air Force in World War Two.
4.00 **The Battle for Britain: Drain the Oceans** A look into the wrecks of planes and ships from the Battle of Britain.
5.00 **World War II: Secrets from Above** A daring attack on the Nazi-occupied Netherlands. **6.00** Operation Avalanche.

8.00 Churchill's German Army

7.00 **World War II: Secrets from Above** The untold story of the Battle for Poland, featuring a daring escape from Auschwitz.
8.00 **Churchill's German Army** Documentary about the Germans who fought for the Allies during World War Two.
9.00 **Hitler's Death Army: Das Reich** Part one of two. Documentary about elite German soldiers.
10.00 **Hitler's Death Army: Das Reich** Part two of two. Massacres on the Eastern Front in the last year of World War Two.
11.00 **To Catch a Smuggler** Agriculture specialists stop pests and prohibited items.
12.00 M'T **Border Protection Spain**
2.00 AM **Bid & Destroy**
2.55 **Food Factory**
3.45 **Abandoned** Double bill.
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Flipping Bangers**
7.00 **Storage Wars** Four editions.
9.00 **The Curse of Oak Island**
10.00 **Pawn Stars** Triple bill.
1.00 PM **Lost U-Boats of WWII**
3.00 **Pompeii: The Last Mysteries Revealed** Double bill.
5.00 **Rust Valley Restorers** Mike takes on a badly damaged Hertz Shelby Mustang for his friend's brother.
6.00 **Dictators' Hideouts** A sprawling 150-acre estate built for Ukrainian dictator Viktor Yanukovych.

9.00 Secrets of the Hells Angels

7.00 **Great Escapes with Morgan Freeman** Morgan explores the story of jailbreakers Timothy Vail and Timothy Morgan.
8.00 **Great Escapes with Morgan Freeman** A jailbreak enacted by James Earl Ray, assassin of Martin Luther King Jr.
9.00 **Secrets of the Hells Angels** The story of secret biker club leader Sonny Barger and meth cook Kenny Owens.
10.00 **Secrets of the Hells Angels** The story of how Ted Soke groomed his own son Donny to become a serial killer.
11.00 **Prison Chronicles** Exploring the Hanoi Hilton in Vietnam. **11.30** A look into the Sing Sing Correctional Facility.
12.00 M'T **Forged in Fire Armed Forces Tournament**
2.00 AM **Pawn Stars** Triple bill.
5.00 **to 6.00** AM **Great Escapes with Morgan Freeman**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Nazi Hunters**
7.10 **Secret Nazi Bases**
11.00 **Bangers & Cash** Triple bill.
2.00 PM **Robson Green's Weekend Escapes**
4.00 **Guy's Garage** Guy transforms a Volvo estate to compete in the Swedish sport of folk racing. **5.00** Guy looks into an Italian racing scene based around the three-wheeled Piaggio Ape.
6.00 **Train Truckers** A legendary diesel locomotive must be hauled over 40 miles ready for a diesel gala.

7.00 Train Truckers

7.00 **Train Truckers** The team are on the clock as they attempt to move a 100-ton diesel engine to a gala extravaganza.
8.00 **The Americas with Simon Reeve** The explorer travels from Texas to southern Mexico.
9.00 **The Americas with Simon Reeve** Simon travels across Central America, from the Caribbean to the Pacific.
10.00 **'Allo 'Allo!** Leclerc and Fanny's wedding coincides with a rescue plan. **10.40** Von Klinkerhoffen is declared insane.
11.20 **'Allo 'Allo!** Fanny and Leclerc are jailed by the Germans, and Rene is horrified when Edith resolves to rescue them.
12.00 M'T **Bangers & Cash** Featuring a couple of very special Fords hidden away in a garage.
1.00 **to 3.00** AM **Tony Robinson's Marvellous Machines**

+1hour 255 329

Saturday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **World's Top 5**
8.00 **Wheeler Dealers**
2.00 PM **Find It, Fix It, Drive It** Double bill.
4.00 **Shed and Buried**
6.00 **Salvage Hunters** Drew Pritchard has first pick of a shop packed full of French items. **7.00** Drew views a collection of animal-themed curiosities. **8.00** Drew snaps up a rare pair of console tables in Sherborne.
9.00 **Disasters at Sea** Dedicated investigators examine why a chemical tanker exploded.
10.00 **Helicopter ER**
11.00 **Opal Hunters: Red Dirt Road Trip**
12.00 M'T **Mystery at Blind Frog Ranch**
1.00 AM **Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Faking It: Tears of a Crime** Six editions.
9.00 **Before They Kill Again** New edition Detectives must outwit a copycat Zodiac killer who is terrorising New York City.
10.00 NEW SERIES **Aaron Hernandez and the Untold Murders of Bristol** Exploring the story of the 2004 Bristol Central School Rams football team.
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** The case of a missing saloon proprietor.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **Facing Evil**
7.00 **Murder She Solved** A respected member of Toronto's gay community goes missing. **8.00** Detectives investigate when a beautiful young woman is murdered in Ottawa.
9.00 **Donal MacIntyre's Killer Evidence** Police get a frantic call from a man saying his wife has been killed. **10.00** A bouncer is stabbed in south London.
11.00 **Real Detective: North of the Border** Piukkala faces a haunting case. **12.00** M'T Detective Peter Baker follows a trail of missing guns.
1.00 AM **Homicide with Ron Iddles** Double bill.
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives**
2.00 PM **Medical Detectives** A woman is suspected of murdering her husband. **2.30** A woman appeals against a conviction for killing her mother. **3.00** A murderer sends his victim's family her last will and testament. **3.30** Toxicologists try to determine whether a man was poisoned. **4.00** A trail of stolen goods helps solve a murder of a young girl. **4.30** A murderer is brought to justice 24 years after the crime.
5.00 **Donal MacIntyre: Unsolved** The case of Daniel Entwistle.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Psychic Private Eyes**
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Caught on Dashcam**
7.00 **Highway Patrol**
9.00 **Brit Cops**
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **The Killer Within**
2.00 **Ireland's Most Evil Killers** Catherine Nevin.
3.00 **Murders That Shocked the Nation** Double bill.
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Catching the Killer**
9.00 **How I Caught the Killer**
10.00 **The Real Manhunter**
11.00 **Face to Face with Scott Peterson**
12.00 M'T **What the Killer Did Next** Nadine Aubras.
1.00 AM **Love You to Death**
2.00 **Twisted Killers**
3.00 **Caught on Dashcam**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **1945-1953: From World War to Cold War**
10.40 **The Korean War**
1.00 PM **Beautiful Serengeti**
1.45 **1945-1953: From World War to Cold War**
4.15 **A Cold War of Spies** The history of the Cold War. **5.15** The US find a way into Soviet airspace. **6.20** Delving into the 1960s and the staggering imbalance between US and Soviet missiles. **7.25** At the close of World War Two, the West views Stalin's government as a threat to democracy.
8.30 **The Korean War** Shedding new light on the Korean War. **9.40** A look at how the death of Stalin led to a halt in the war.
10.50 **1945-1953: From World War to Cold War**
1.15 **to 2.00** AM **Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Christopher Plummer**
7.00 **Discovering: Jeff Bridges**
8.00 **The Directors**
9.00 **I Am Alfred Hitchcock**
10.50 **Very Ralph** Documentary.
1.00 PM **Red Elvis: The Cold War Cowboy** Documentary.
2.50 **My Icon: Leon Pryce**
3.00 FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
5.00 **The Commandant's Shadow** Documentary about the son of the man who was in charge of Auschwitz concentration camp.
7.00 **The Apollo** Documentary exploring the history of the iconic Harlem venue.
9.00 FILM **Amy** Asif Kapadia's documentary portrait of singer-songwriter Amy Winehouse. (2015, 15, 128min) ★★★★
11.30 **Tina** A celebration of Tina Turner's life and career.
1.50 AM **Brandy Hellville & the Cult of Fast Fashion**
3.40 **My Icon: Rachel Yankey**
4.00 **to 6.00** AM **Atomic Homefront**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
8.00 **Wild Castles** Double bill.
10.00 **Wild Animal Babies**
1.00 PM **Airborne**
2.00 **Surviving the Amazon**
5.00 **David Attenborough's Kingdom of Plants** Triple bill.
8.00 **Gladiators** The secrets and ingenious tactics of nature's toughest fighters.
9.00 **Jaguar Journals** Lizzie and veterinarian Joares scramble to collar more jaguars.
10.00 **Colombia's Wild Coast** The remote island of Gorgona, once used as a prison due to its shark-infested seas. **11.00** On the island of Providencia, a female black crab undertakes a life-or-death hike to escort 80,000 eggs.
12.00 M'T **Gladiators** As 8.00pm.
1.00 AM **Jaguar Journals**
2.00 NEW SERIES **Planet Weird** A look at wild creatures' peculiar survival techniques and strange behaviours.
3.00 **to 6.00** AM **Wild Animal Babies**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **The Abyss: Rise & Fall of the Nazis** Triple bill of editions.
12.00 NOON **Ancient Aliens**
2.00 PM **What on Earth?**
4.00 **Looting History**
5.00 **Life After People**
7.00 **Instruments of Death** The impact of Danish battle axes, Saxon shields and Norman lances on the Battle of Hastings.
8.00 **Secret Wars Uncovered** The shocking facts behind battles that were fought covertly.
9.00 **Hitler's Handmaidens** The women who took Hitler under their wing and trained him in the methods of high society to launch him to power.
10.00 **Footprints of Civilisation** Focusing on agriculture and how without it, society would enjoy no culture at all.
11.00 **Ancient Aliens** Triple bill.
2.00 AM **Rome's Bloodiest Dynasty: The First Emperor**
3.00 **Evidence of the Unexplained**
5.00 **to 6.00** AM **Close Encounters Down Under**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **Murder by Medic**
4.00 **An Hour to Kill**
7.00 **The Real Murders of Los Angeles** Documentary.
8.00 **Missing Presumed Dead** Uncovering stories of real people's disappearances.
9.00 **Murder at the Motel** Officers investigate the murder of 19-year-old Amber Meadows.
10.00 **The Eunuch Maker** Examining the crimes of Marius Gustavson, who has been sentenced to 22 years in prison for mutilating paying customers.
11.00 **Killed Without a Trace**
12.00 M'T **Robbie Coltrane's Critical Evidence** Double bill.
2.00 AM **Murder at the Motel**
3.00 **Murder by Medic**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Secrets of the Zoo: Tampa**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Baby Sharks in the City**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Savage Kingdom** Animals battle for domination of hunting grounds in a region of Africa, focusing on a lioness defending her territory against rival prides.
8.00 **The Incredible Dr Pol** New edition The staff have their hands full during birthing season. **9.00** Series finale A dog has a mysterious growth, and the vets aid the fight against feral cat overpopulation.
10.00 **Africa's Deadly Kingdoms** The wildlife of the Kalahari, which have adapted to survive in one of the most arid environments.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo: Tampa Rescue Squad**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Triple bill.
6.00 **Doing Da Vinci** The team construct one of Da Vinci's most futuristic designs. **7.00** The team attempt to recreate the 500-year old Springald cannon design.
8.00 NEW **Attack and Capture: The Story of U-Boat 505** The German submarine's capture by the US Navy.
9.00 **Disasters at Sea** Investigating the explosion in the port of New Orleans in 2012. **10.00** Investigating the disappearance of a crabbing vessel in the Bering Sea. **11.00** The *Herald of Free Enterprise* ferry disaster in 1987.
12.00 M'T **Concorde: Anatomy of a Disaster** Documentary.
1.00 AM **Aircrash Unsolved: The Mystery of Helios 522**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Fascinating New Zealand**
11.00 **Wild and Wonderful Denmark**
3.00 PM **Fascinating New Zealand**
5.00 **The Bill** Double bill.
7.00 **Pointless** Quiz show.
8.00 **Wild and Wonderful Denmark** In a reed warbler nest by the lake shore, the newly hatched cuckoo evicts the host bird's young to get all the food to itself.
9.00 **Mistresses** 1/6. The friends gather to celebrate with Jessica, who is getting married to a rich playboy. (S2)
10.20 **The Bill** *Some You Win, Some You Lose:* 2/12. Chief Superintendent Brownlow and DI Galloway lead a massive raid on a drug den. **11.20** *Brownie Points:* 3/12. PC Reg Hollis is nominated for the position of the station's police federation representative. (S3)
12.20 AM **Pointless** Double bill.
2.20 **Mistresses** As 9.00pm.
3.30 **Fascinating New Zealand**
4.20 **to 6.00** AM **Wild and Wonderful Denmark**

+1 hour 266 376

ID

154 166

8.00 AM **Twisted Sisters**
10.00 **The Object of Murder**
12.00 NOON **The Perfect Murder**
2.00 PM **Swamp Murders**
4.00 **Welcome to Killer Town**
6.00 **I'd Kill for You** A shotgun wedding that led naval officers John and Rebecca into a troubled marriage. **7.00** A blissful marriage concealing deceit and danger.
8.00 **Blood Relatives** A multi-generational family war that ended in murder.
9.00 **Evil Lives Here** When Jason Worley tries to escape from manipulative Brandi, she punishes him by taking away two things most precious to him.
10.00 **Hostage 911** A 10-year-old girl reports being held hostage by a family friend.
11.00 **Britain's Deadly Women** The motives of female murderers.
12.00 M'T **Scorned: Crimes of Passion** Double bill of editions.
2.00 AM **Murder in the Heartland**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Railroad Alaska**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Shed and Buried**
5.00 PM **Kindig Customs**
8.00 **Three Men Four Wheels** Marino enjoys a special ride in a Subaru Impreza. **8.30** Drew champions the Bugatti T35 racing car. **9.00** Andy picks a true supercar – the Jaguar XJ220. **9.30** Drew surprises everyone when he picks a Hot Rod.
10.00 **Motor Pickers** A quest for a car with a panoramic sunroof. **10.30** Mark seeks a thrilling car for his long commutes. **11.00** A family man seeks an exciting hot hatch. **11.30** A local TV presenter wants the perfect luxury SUV. **12.00** M'T A man hopes to upgrade on his BMW 6 series. **12.30** AM A man wants a car with plenty of power.
1.00 **Last Outpost**
2.00 **to 5.00** AM **Texas Metal**

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

6.20 AM PREMIERE **Timestalker**
8.00 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
9.55 **The Killer** As 10.00pm.
12.10 PM **Bad Boys: Ride or Die**
2.10 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
4.10 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
6.20 PREMIERE **Timestalker** Fantasy comedy starring Alice Lowe. (2024, 15, 89min) ★★★★ *See review, page 23.*

6.20 Timestalker

8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Killer** Thriller starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. (2024, 15, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Get Away** Horror comedy. (2024, 15, 86min) ★★★★
1.40 AM **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
3.15 **Twilight of the Warriors: Walled In** Hong Kong martial arts action thriller. Subtitled. (2024, 15, 126min) ★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

7.10 AM **The Blind Side** Fact-based drama with Sandra Bullock. (2009, 12, 129min) ★★★
9.25 **Ferrari** Biographical drama. (2023, 15, 130min) ★★★
11.40 **8 Mile** Drama with Eminem. (2002, 15, 112min) ★★★
1.40 PM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
4.00 **Lee** As shown at 10.00pm.
6.00 **The King's Speech** Drama with Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★

10.00 Lee

8.00 **One Life** Drama starring Anthony Hopkins. Months before World War Two, a London stockbroker tries to rescue hundreds of children from Nazi-occupied Czechoslovakia. With Lena Olin and Johnny Flynn. (2023, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Lee** Biopic of World War Two photographer Lee Miller, who was determined to document the truth of the Nazi regime. Stars Kate Winslet. (2023, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★
1.55 AM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
4.15 **Sky Cinema Preview**
5.15 **to 7.00** AM **Six Minutes to Midnight** Wartime thriller. (2020, 12, 99min) ★★★

Sky Cinema Drama

310 410 510 524

6.30 AM **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★
8.00 **Charlie Wilson's War** Comedy. (2007, 15, 97min) ★★★★
9.45 **Erin Brockovich** As 8.00pm.
12.00 NOON **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
2.10 PM **Whiplash** Drama starring Miles Teller and JK Simmons. (2014, 15, 106min) ★★★★★
4.00 **Catch Me If You Can** Steven Spielberg's crime adventure. (2002, 12, 141min) ★★★★★
6.20 **Wimbledon** Romantic sports comedy. (2004, 12, 98min) ★★★
8.00 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
10.15 **Forrest Gump** Whimsical fable starring Tom Hanks as an Alabama-born man who leads a charmed existence over four turbulent decades of US history. (1994, 12, 136min) ★★★★
12.40 AM **Big George Foreman** Biopic with Khris Davis, Forest Whitaker and Jasmine Mathews. (2023, 12, 129min) ★★★
2.50 **Whiplash** As shown at 2.10pm.
4.45 **to 6.50** AM **Frost/Nixon** Drama starring Michael Sheen. (2008, 15, 122min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.05 AM **Jules** As shown at 12.10am.
8.45 **Star Trek III: The Search for Spock** Sci-fi adventure sequel. (1984, PG, 105min) ★★
10.45 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
12.45 PM **Friendship's Death** (1987)
2.10 **47 Metres Down** Horror. (2017, 15, 89min) ★★★
3.50 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
5.55 **Star Trek IV: The Voyage Home** Sci-fi adventure sequel. (1986, PG, 119min) ★★★★
8.00 **Ghostbusters** Supernatural comedy reboot starring Kristen Wiig. When supernatural disturbances occur in New York, four experts in the paranormal and their assistant investigate. (2016, 12, 113min) ★★★
10.05 **Godzilla x Kong: The New Empire** Fantasy adventure with Rebecca Hall and Dan Stevens. (2023, 12, 115min) ★★★
12.10 AM **Jules** Comedy drama. (2023, 12, 87min) ★★★
1.50 **Friendship's Death** Thriller. (1987, 15, 78min) ★★★
3.15 **The Core** Sci-fi action thriller. (2002, 12, 135min) ★★★
5.40 **to 7.20** AM **Thir13en Ghosts** Horror. (2001, 15, 91min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.00 AM **Reuniting the Rubins**
8.50 **Step Dogs** As 9.35pm.
10.30 **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy. (2005, U, 98min) ★★
12.15 PM **The Horse Dancer** (2017)
2.20 **The Canterville Ghost** (2023)
4.00 **The Spiderwick Chronicles** Children's fantasy adventure. (2008, PG, 91min) ★★★★
5.45 **Wonka** Fantasy adventure starring Timothée Chalamet. (2023, PG, 116min) ★★★★

9.45 Step Dogs

7.50 **Johnny English Reborn** Comedy sequel starring Rowan Atkinson. Secret agent Johnny English causes chaos on a global scale when he tries to stop an assassination. (2011, PG, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Step Dogs** Comedy with Joris Jarsky and Ryan Belleville. A pampered pooch and a farm hound defend their home from a couple of thieves. (2013, U, 82min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Horse Dancer** Family drama starring Sophie Bolen. (2017, PG, 114min) ★★★
1.10 AM **The Cinema List: Family Movie Night**
1.30 **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
3.10 **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★
5.00 **to 7.00** AM **Batteries Not Included** Sci-fi fantasy. (1987, PG, 105min) ★★★★

Sky Cinema Stunts

307 407 507 521

7.35 AM **Shooter** As 10.15pm.
9.45 **Ghostbusters II** Comedy sequel. (1989, PG) ★★★
11.45 **The Three Musketeers: D'Artagnan** (2023, 15) ★★★★
1.50 PM **The Three Musketeers: Milady** Swashbuckling sequel. (2023, 12, 115min) ★★★★
3.50 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★
6.00 **The Equalizer 3** Action thriller. (2023, 15, 109min) ★★★

6.00 The Equalizer 3

8.00 **Pain & Gain** Dark crime comedy starring Mark Wahlberg, Dwayne Johnson and Anthony Mackie. A trio of bodybuilders go on a kidnapping and extortion spree in 1990s Miami. With Tony Shalhoub. (2013, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

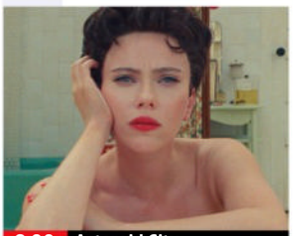
10.15 **Shooter** Action thriller starring Mark Wahlberg and Danny Glover. A former Marine sniper is framed for a political assassination and forced to go on the run. (2007, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Hancock** Action comedy. (2008, 12, 92min) ★★★
2.10 **No Escape** Action thriller. (2014, 15, 101min) ★★★
4.00 **to 6.05** AM **Jackie Chan's Police Story 2** Hong Kong crime comedy sequel. Subtitled. (1988, 15, 91min) ★★★

Sky Cinema Comedy

308 408 508 522

6.45 AM **Goon** As 1.45am.
8.20 **The Persian Version** Comedy. (2023, 15, 107min) ★★★
10.15 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
11.50 **Death Becomes Her** Fantasy. (1992, PG, 103min) ★★★
1.40 PM **Trainwreck** Comedy drama. (2015, 15, 124min) ★★★
3.50 **O Brother, Where Art Thou?** Comedy. (2000, 12) ★★★★
5.45 **Shakespeare in Love** Comedy. (1998, 15, 122min) ★★★★



8.00 Asteroid City

8.00 **Asteroid City** Writer-director Wes Anderson's sci-fi comedy starring Jason Schwartzman and Scarlett Johansson. Astronomers meet for a stargazing convention in the summer of 1955. (2023, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Holdovers** Comedy drama starring Paul Giamatti. A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a student. (2023, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Adult Life Skills** Comedy starring Jodie Whittaker. (2016, 15, 114min) ★★★
1.45 **Goon** Sports comedy starring Seann William Scott. (2011, 15, 88min) ★★★
3.25 **O Brother, Where Art Thou?**
5.15 **Sky Cinema Preview**
5.45 **to 7.35** AM **Asteroid City**

Sky Cinema Crime

309 409 509 523

6.40 AM **Naked Singularity** Drama. (2021, 15, 93min) ★★★
8.15 **Sumotherhood** Comedy. (2023, 15, 97min) ★★★
10.05 **The Beekeeper** (2023) ★★★
12.05 PM **John Wick** Action thriller. (2014, 15, 101min) ★★★★
1.55 **John Wick: Chapter 2** Thriller sequel. (2017, 15) ★★★★
4.00 **Bad Boys: Ride or Die** Thriller sequel. (2024, 15) ★★★
6.00 **Now You See Me** Thriller. (2013, 12, 115min) ★★★

10.00 Goodfellas

8.00 **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Goodfellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Wolf of Wall Street** Martin Scorsese's fact-based drama, starring Leonardo DiCaprio and Jonah Hill. (2013, 18, 176min) ★★★★
3.35 **The Cinema List: Thrillers**
3.50 **John Wick: Chapter 2** (2017)
5.55 **to 6.35** AM **Sky Cinema Preview**

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Borrowers** Adventure. (1997, U, 86min) ★★★★
12.45 PM **Babe** Comedy drama. (1995, U, 92min) ★★★★★
2.35 **Babe: Pig in the City** Comedy drama sequel. (1998, U, 96min) ★★★★
4.25 **Time Bandits** Fantasy. (1980, PG, 110min) ★★★★
6.45 **Charlie's Angels** Comedy thriller with Kristen Stewart. (2019, 12, 118min) ★★

11.15 Sleepy Hollow

Charlie's Angels (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Raiders of the Lost Ark** Steven Spielberg's rollicking adventure starring Harrison Ford. Buccaneering archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. With Karen Allen. (1981, PG, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 **Sleepy Hollow** Director Tim Burton's comic horror fantasy starring Johnny Depp and Christina Ricci. In 1799, a New York constable investigates the apparent crimes of a murderous headless horseman. (1999, 15, 105min) ★★★★
1.25 **to 3.35** AM **Isle of Dogs** Wes Anderson's offbeat animation. (2018, PG, 101min) ★★★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

7.20 AM **The Secret Garden** Drama. (2020, PG, 99min) ★★★★
9.05 **Stuart Little** Fantasy adventure. (1999, U, 84min) ★★★★★
10.35 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
12.05 PM **Back to the Future Part III**
2.05 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
4.10 **Mamma Mia!** Musical comedy. (2008, PG, 108min) ★★★★

6.00 **Wonka** Fantasy adventure starring Timothée Chalamet. (2023, PG, 116min) ★★★★
8.00 **Tropic Thunder** War spoof starring Ben Stiller, Robert Downey Jr and Jack Black. (2008, 15, 107min) ★★★★
9.50 **Back to the Future Part III** Fantasy comedy adventure sequel starring Michael J Fox and Christopher Lloyd. Marty McFly learns that Doc is stranded in the Wild West. (1990, PG, 112min) ★★★★

11.50 **The Boat That Rocked** Comedy. (2009, 15, 135min) ★★★★
2.05 AM **Girls Trip** Comedy drama. (2017, 15, 122min) ★★
4.10 **Hot Rod** Action comedy. (2007, 12, 84min) ★★★★
5.45 **to 7.25** AM **Snow Day** Family comedy. (2000, PG, 89min) ★★

Sky Cinema Greats

304 404 504 518

7.00 AM **The Way of the Dragon**
8.40 **Bruce Lee's Big Boss** (1971)
10.35 **The Sting** Comedy drama. (1973, PG, 129min) ★★★★★
12.50 PM **Top Gun** Aerial action drama. (1986, 12, 110min) ★★★
2.50 **Hudson Hawk** Anarchic action comedy. (1991, 15, 97min) ★★★
4.45 **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★

7.00 **The Sugarland Express** Comedy drama starring Goldie Hawn. A young mother helps her husband break out of prison. With Ben Johnson. (1974, PG, 110min) ★★★
9.00 **Bad Boys** Comedy thriller with Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
11.00 **Enter the Dragon** Action thriller. (1973, 18, 97min) ★★★★

12.45 AM **The Karate Kid** As 4.45pm.
2.55 **Bruce Lee's Big Boss** Martial arts action thriller starring Bruce Lee. (1971, 18, 94min) ★★
4.40 **to 6.20** AM **The Way of the Dragon** Martial arts action adventure starring Bruce Lee. (1972, 18, 99min) ★★★

Sky Cinema Animation

305 412 500 514

6.10 AM **The Inseparables** (2023)
7.50 **Scooby-Doo! The Sword and the Scoob** Animated fantasy. (2021, PG, 76min) ★★★
9.15 **Mummies** Animated comedy. (2023, U, 88min) ★★★
10.55 **Madagascar: Escape 2 Africa**
12.40 PM **Hotel Transylvania** (2012)
2.20 **Madagascar: Escape 2 Africa** Animated adventure sequel. (2008, PG, 89min) ★★★

4.00 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
5.40 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
7.25 **Rugrats Go Wild** Animated family comedy adventure. (2003, U, 81min) ★★★
8.55 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
10.35 **The Ogglies** Animated family adventure with the voice of Ben Young. (2021, PG, 85min) ★★★

12.20 AM **The Inseparables** Animation. (2023, U, 90min) ★★★
2.00 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
3.40 **The Ogglies** As 10.35pm.
5.10 **Sky Cinema Preview**
5.35 **to 7.20** AM **Amazing Maurice** Animation. (2022, PG) ★★★★

Movies 24

312 419

7.00 AM **Planning on Forever** Comedy. (2022, PG, 89min) ★★
9.00 **The Engagement Back-Up** Comedy. (2022, PG, 91min) ★★
11.00 **A Vineyard Romance** Romantic drama. (2021, PG, 86min) ★★
1.00 PM **A Case for the Winemaker** Mystery. (2024, PG, 90min) ★★
3.00 **A Royal Runaway Romance** Comedy with Philippa Northeast. (2022, PG, 84min) ★★

5.00 **Wish Upon a Wedding** Romantic drama starring Kabby Borders. (2023, PG, 85min) ★★
7.00 **Lease on Love** Romantic comedy with Rebecca Liddiard and Dan Jeannotte. A marketing manager agrees to pose as a business contact's wife to help him get the apartment of his dreams. (2022, PG, 86min) ★★
9.00 **The Attraction Test** Romantic comedy drama starring Tara Wilson and Andrew Dunbar. (2022, PG, 85min) ★★

11.00 **His and Hers** Romantic drama. (2024, PG, 90min) ★★
1.00 AM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **An Easter Bloom** Drama. (2024, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **The Black Book** (1949) ★★
7.45 **Looney Tunes**
7.55 **Black Saddle** 11/24. (S2)
8.25 **Stingray** 7/39. (S1)
9.00 **Batman** 1/60. (S2)
9.30 **Space Patrol** 33/39. (S1)
10.00 **The Piper's Tune** Adventure. (1962, b/w, PG, 62min) ★★
11.10 **The Adventures of Robin Hood**
11.40 **Undersea Kingdom** 9/12. (S1)
12.00 NOON **One Step Beyond** (S2)

12.35 PM **Plan 9 from Outer Space** Thriller. (1958, b/w, PG, 79min) ★
2.10 **Dick Barton: Special Agent**
2.25 **Fireball XL5** 23/39. (S1)
3.00 **Captain Scarlet and the Mysterons** 3/32. (S1)
3.35 **The Long Duel** (1967, U) ★★★
5.50 **A Home of Your Own** Silent comedy. (1964, U, 43min) ★★★
6.45 **Look at Life** Documentary.
7.00 **Z Cars** 21/31. (S10)
8.00 **Travelling Man** 4/7. (S2)
9.05 **Yield to the Night** Drama. (1956, b/w, 15, 99min) ★★★★

11.05 **Twilights Last Gleaming** Thriller. (1977, PG, 146min) ★★★★
1.55 AM **The Sailor Who Fell from Grace with the Sea** Drama. (1976, 18, 105min) ★★
4.05 **The Killings at Outpost Zeta** Thriller. (1980, 15, 92min) ★★
5.55 **to 6.00** AM **Cinebox Memories**

Saturday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **DP World Tour Golf** Coverage of the third day of the Ras Al Khaimah Championship at Al Hamra Golf Club in the UAE.
11.00 LIVE **EFL Luton Town v Millwall.** Coverage of the Championship game at Kenilworth Road. These two sides met in the reverse fixture at the Den back in September, with the hosts coming away with a 1-0 victory thanks to Teden Mengi's 10th-minute goal. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SNF Manchester City v Chelsea.** Coverage of the Premier League match from the Etihad Stadium. Kick-off **5.30pm**.
8.30 LIVE **PGA Tour Golf** Coverage of day four of the Farmers Insurance Open staged at Torrey Pines in La Jolla, California.
1.00 AM **Sky Sports News**
2.00 **My Icon** Linford Christie.
2.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group One match from Bayuemas Oval in Pandamaran.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Fantasy Show**
10.00 **Saturday Social**
11.00 **The Big Interview**
11.30 LIVE **WSL Aston Villa v Manchester City.** Coverage of the top-flight match staged at Villa Park. Kick-off **12.00noon**.
2.30 PM **Gillette Soccer Saturday: Build-Up** Pre-match analysis.
3.00 **Gillette Soccer Saturday**
5.00 LIVE **SNF Manchester City v Chelsea.** The Premier League match from the Etihad Stadium. These two sides met on the opening weekend of the season at Stamford Bridge, when goals from Erling Haaland and Mateo Kovacic gave Pep Guardiola's side a 2-0 victory. Kick-off **5.30pm**.
8.30 **Game of the Day**
10.30 **Premier League Highlights** Bournemouth v Nottingham Forest from Vitality Stadium. **11.00** Brighton v Everton.
11.30 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
6.30 **Retro League One**
8.30 **EFL Cup Highlights**
9.00 **EFL Trophy** Highlights.
9.30 **EFL Highlights**
10.00 **Saturday Social**
11.00 LIVE **EFL Luton Town v Millwall.** Coverage of the Championship game at Kenilworth Road. These two sides met in the reverse fixture at the Den back in September, with the hosts coming away with a 1-0 victory thanks to Teden Mengi's 10th-minute goal. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
5.20 LIVE **Bundesliga Borussia Monchengladbach v VFL Bochum.** Coverage of the German top-flight match from Borussia Park. Kick-off **5.30pm**.
7.30 **Bundesliga** Another chance to see SC Freiburg v Bayern Munich.
9.30 **EFL Highlights** Luton v Millwall. **9.45** Norwich City v Swansea City. **10.00** Stoke City v Oxford United. **10.15** Sheffield United v Hull City.
10.30 **WSL** Aston Villa v Manchester City.
11.00 PM **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Women's World Cup 2017**
6.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group One match at YSD-UKM Cricket Oval in Bangi.
9.30 **Women's World Cup**
10.00 **Women's ICC World T20**
10.30 LIVE **SA20 Paarl Royals v Pretoria Capitals.** Coverage of the match at Boland Park, Paarl. The hosts won this fixture last year thanks to a 27-run victory.
3.00 PM LIVE **SA20 MI Cape Town v Durban's Super Giants.** Coverage of the match from World Sports Betting Newlands.
7.30 **Women's ICC World T20** Action from England v West Indies.
8.00 **Big Bash League**
9.00 **SA20** Recent T20 highlights.
11.00 **Big Bash League**
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group One match at Bayuemas Oval in Pandamaran.
5.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf**
6.30 **Ryder Cup Memories**
8.00 **DP World Tour Golf**
8.30 LIVE **DP World Tour Golf** Coverage of the third day of the Ras Al Khaimah Championship at Al Hamra Golf Club in the UAE.
1.00 PM **Uncommon: Building a Boston Sports Team**
1.30 **Ryder Cup Memories**
2.00 **TGL** New York v Atlanta Drive.
4.00 **Uncommon: Building a Boston Sports Team**
4.30 **DP World Tour Golf**
5.00 LIVE **PGA Tour Golf** Coverage of the early stages on day four of the Farmers Insurance Open.
7.00 LIVE **PGA Tour Golf** Coverage of day four of the Farmers Insurance Open at Torrey Pines.
1.00 AM **DP World Tour Golf**
1.30 **PGA Tour Golf** Highlights.
2.30 **DP World Tour Golf**
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Adelaide International.
8.00 **WTA Tennis** Hobart International.
9.00 **ATP Tennis** Auckland Open final.
10.00 **Murray's Moments**
6.00 PM **Murray's Moments** Andy Murray v Novak Djokovic in 2016. **7.00** Murray v Stan Wawrinka. **8.00** Murray v Corentin Moutet.
9.00 **Andy Murray: Grit, Glory & Legacy** Documentary.
9.45 **Bitesize Tennis**
10.00 **Murray's Moments** Andy Murray v Lleyton Hewitt from 2006. **11.00** Murray v Tommy Haas.
12.00 M'T **to 6.00** AM **Murray's Moments**

TNT Sports 1

410 870 527 408 430

6.00 AM **World Rally Championship**
6.30 **The Fantasy Show**
7.00 **TNT Sports Cricket Reload**
7.15 **The Edge** Australia v England.
7.45 LIVE **Women's Ashes Australia v England.** The third and final T20 in the multi-format series staged at Adelaide Oval.
12.45 PM **Crouchy and Cole**
1.00 LIVE **T20 Cricket India v England.** Coverage of the second T20 in the five-match series from MA Chidambaram Stadium.
6.00 **Isuzu UTE A-League** Wellington Phoenix v Central Coast Mariners. **7.00** Highlights from Brisbane Roar v Adelaide United. **8.00** Newcastle Jets v Perth Glory. **9.00** Macarthur v Melbourne City.
10.00 **NBA Action** Highlights.
10.30 LIVE **NBA Dallas Mavericks v Boston Celtics.** The inter-conference match from American Airlines Centre. Tip-off **10.30pm**.
1.00 AM **NBA on Fire** The latest news.
1.30 LIVE **NBA Golden State Warriors v Los Angeles Lakers.** The Western Conference match at Chase Centre. Tip-off **1.30am**.
4.00 **T20 Cricket Highlights**
5.00 **to 6.00** AM **Women's Ashes**

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **T20 Super Smash Northern Brave v Otago Volts.** From Bay Oval, Mount Maunganui.
8.15 **TNT Sports Cricket Reload**
8.30 LIVE **Isuzu UTE A-League Macarthur FC v Melbourne City.** Kick-off is at **8.35am**.
10.30 **Premier League Preview**
11.00 **Champions League Highlights**
12.00 NOON **The Fantasy Show**
12.30 PM LIVE **Allianz Premiership Women's Rugby Leicester Tigers v Loughborough Lightning.** From Mattioli Woods Welford Road. Kick-off **12.45pm**.
2.45 LIVE **Gallagher Premiership Rugby Union Gloucester v Leicester Tigers.** At Kingsholm Stadium. Kick-off is at **3.05pm**.
5.15 LIVE **Gallagher Premiership Rugby Union Exeter Chiefs v Saracens.** Coverage from Sandy Park. Kick-off **5.30pm**.
7.45 **Lomu: The Lost Tapes**
9.15 **Champions League Goals**
9.30 **Premiership Women's Rugby**
10.30 **Premiership Rugby Union**
12.30 AM **World Rally Championship**
1.00 **TNT Sports Reload**
1.30 **UFC** Makhachev v Tsarukyan.
4.30 **to 5.30** AM **HSBC SVNS**

TNT Sports 3

417 874 529 410 432

6.00 AM LIVE **HSBC SVNS** Coverage of the third day of the Perth SVNS.
8.30 **TNT Sports Reload**
8.45 LIVE **HSBC SVNS** Perth SVNS.
11.45 **Kenny Allstar's Number 1's**
12.00 NOON LIVE **HSBC SVNS** Further coverage from Perth.
1.30 PM **UEFA Champions League**
2.00 LIVE **World Rally Championship** Special stage 13 of the Rallye Monte-Carlo.
2.45 **TNT Sports Reload**
3.00 LIVE **World Rally Championship** Special stages 14 and 15 from Monte-Carlo.
5.00 LIVE **NBA San Antonio Spurs v Indiana Pacers.** Coverage of the inter-conference match from Accor Arena. Tip-off **5.00pm**.
7.30 **NBA Action** Highlights.
8.00 **Women's Ashes**
9.30 **Fight Week** UFC 311 review.
10.00 **Ultimate Pool** Recent action.
11.30 LIVE **Women's T20 Super Smash Canterbury Magicians v Central Hinds.** At Hagley Oval.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.45** AM LIVE **T20 Super Smash Canterbury Kings v Central Stags.** At Hagley Oval.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **NFL Bitesize Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **Super Bowl LVII Highlights**
12.00 NOON **NFL Highlights**
1.00 PM **NFL Gameday**
1.30 **NFL Bitesize Highlights**
3.00 **NFL Highlights** San Francisco 49ers v Kansas City Chiefs. **4.00** Action from Buffalo Bills v Baltimore Ravens.
5.00 **NFL: America's Game** A look at the Kansas City Chiefs road to Super Bowl success in 2023/24.
6.00 **NFL Gameday** A round-up of the latest American football news and results and a look ahead to forthcoming matches.
6.30 **NFL Bitesize Highlights**
8.00 **NFL Highlights** Kansas City Chiefs v Houston Texans in the first Divisional play-off match.
9.00 **Super Bowl LIV Highlights** Kansas City Chiefs v San Francisco 49ers from the 2019/20 season.
11.00 **NFL Highlights**
2.00 AM **NFL Gameday**
2.30 **NFL Bitesize Highlights**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
8.00 **Fight Night** Jonas v Habazin.
9.00 **Super League Highlights**
10.00 **SA20** Recent T20 highlights.
11.00 **Big Bash League**
12.00 NOON **Super League Highlights**
1.00 PM **Fight Night International**
3.00 **SA20** Recent T20 highlights.
4.00 **Big Bash League**
5.00 LIVE **NCAA Basketball Syracuse Orange v Pittsburgh Panthers.** Coverage from JMA Wireless Dome. Tip-off **5.30pm**.
7.00 **Super League Highlights**
7.30 LIVE **NCAA Basketball Vanderbilt Commodores v Kentucky Wildcats.** Coverage of the men's match at Memorial Gymnasium. Tip-off is at **7.30pm**.
9.30 **Super League Highlights**
10.00 **The Rugby Championship**
12.15 AM **Super League Highlights**
12.45 **Top Rank Boxing Archive**
1.45 **SA20** Recent T20 action.
3.45 **Super League Highlights**
4.00 **to 6.00** AM **NFL Highlights**

TNT Sports 4

421 876 530 411 434

6.00 AM **Premier League Preview**
6.30 **Champions League Magazine**
7.00 **Premier League Reload**
7.15 **World Rally Championship**
7.45 LIVE **World Rally Championship** Monte-Carlo.
8.45 **TNT Sports Reload**
9.00 LIVE **World Rally Championship** Monte-Carlo.
11.00 **Premiership Rugby Union**
12.00 NOON **Fishing: On the Bank**
1.00 PM **Vendee Globe Highlights**
1.30 **NBA** Highlights and features.
4.00 **MotoGP** A 2024 season review.
6.00 **European Football Highlights**
9.00 **TNT Sports Reload**
9.30 **Vendee Globe Highlights**
10.00 **T20 Cricket Highlights**
11.00 **World Rally Championship**
11.30 **Women's ODI Cricket**
12.30 AM **European Football Hlts**
3.30 **Ultimate Pool** Recent action.
5.00 **World Rally Championship**
5.30 **to 6.30** AM LIVE **World Rally Championship** Monte-Carlo.

Eurosport 1

413 870 521 412 435

6.30 AM **Australian Open Tennis**
8.00 **Australian Open: Courtside**
8.30 LIVE **Australian Open Tennis** Coverage of the women's singles final staged at Melbourne Park.
11.00 **Australian Open: Courtside**
11.30 LIVE **Australian Open Tennis** Coverage of the men's doubles final on the 14th and penultimate day of the first Grand Slam event of the year at Melbourne Park.
2.00 PM LIVE **Biathlon** The men's 4 x 7.5km relay from Antholz, Italy.
3.15 LIVE **Ski Jumping** Coverage from the first of two men's competitions on the HS235 ski flying hill in Oberstdorf, Germany.
5.20 **Biathlon** From Antholz, Italy.
6.00 **Australian Open Tennis**
4.00 **to 6.00** AM LIVE **Australian Open Tennis** Coverage of the women's doubles final on the 15th and concluding day of the first Grand Slam event of the year staged at Melbourne Park.

Eurosport 2

414 871 522 413 436

6.25 AM **Ski Jumping** In Zao, Japan.
7.20 LIVE **Ski Jumping** The women's HS102 team event in Zao, Japan.
9.00 LIVE **Alpine Skiing** From Garmisch-Partenkirchen, Germany.
10.15 LIVE **Alpine Skiing** Coverage of from Kitzbuhel in Austria.
12.30 PM LIVE **Cross-Country Skiing** Coverage of the men's and women's freestyle sprint finals from Engadin in Switzerland.
2.00 LIVE **Cyclo-Cross** The men's race at Maasmechelen, Belgium.
3.30 **Cyclo-Cross** From Belgium.
4.00 **Alpine Skiing** Recent action.
5.55 **Ski Jumping** From Zao, Japan.
6.50 LIVE **Freestyle Skiing** Coverage from Waterville in Utah.
8.30 **Winter Sport 2023**
8.45 **Snooker 147s** Si Jiahui.
9.00 **Snooker: German Masters**
11.00 **Alpine Skiing** Recent action.
1.00 AM **Ski Jumping** From Japan.
2.00 **Snooker: German Masters**
4.00 **to 5.55** AM **Alpine Skiing**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **My Icon** Sporting influences.
6.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group Two match staged at Borneo Cricket Ground in Sarawak, Malaysia.
9.30 **Good Morning Transfers**
10.00 **Soccer Saturday Pre-Match**
10.30 **Fantasy Football Pre-Match**
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL Norwich City v Swansea City.** Coverage of the Championship match at Carrow Road. The Swans benefitted from an own goal in the fifth minute by Amankwah Forson to prevail 1-0 over the Canaries in September's reverse fixture. Kick-off **12.30pm**.
3.00 **Gillette Soccer Saturday**
5.20 LIVE **Bundesliga Borussia Monchengladbach v VFL Bochum.** Coverage of the German top-flight match from Borussia Park. Kick-off **5.30pm**.
7.30 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1** From Austria.
2.05 PM **Max on the Verge of Greatness** Documentary.
2.15 **Formula 1** British Grand Prix.
4.20 **Geoorge's Vegas Victory**
4.30 **Formula 1** Hungarian Grand Prix.
6.45 **Formula 1** Belgian Grand Prix.
8.50 **Lewis Looks Back on 2014**
9.00 **Formula 1** Dutch Grand Prix.
11.10 **Simon and Jenson's Vegas Hot Lap** A lap of the Las Vegas circuit.
11.20 **RB: Behind the Scenes Part 1**
11.30 **Graham Hill: World Champion**
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Sunday

26 January

Evening Planner

Football

Premier League
Sky Sports Main Event, Sky Sports Premier League & TNT Sports 1
Crystal Palace v Brentford, Aston Villa v West Ham and Fulham v Man United.

Factual

Guy Martin: Proper Jobs
U&Dave, 8pm (box set, U)
The former motorbike racer tries his hand at 'proper jobs', starting with work as a deckhand aboard a fishing trawler.

Drama

SAS Rogue Heroes
BBC1, 9pm
As the second series of the wartime drama comes to an end, David Stirling plans his escape from Forte di Gavi.

Documentary

Rachel's Farm
BBC4, 9pm
Actor Rachel Ward, who starred in *The Thorn Birds*, adopts a more regenerative way of farming on her ranch in Australia.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Call the Midwife		9.00 SAS Rogue Heroes		10.00 News	10.30 Match of the...
	102 BBC2	7.00 Cities: Nature's New Wild		8.00 This Farming Life		9.00 Life and Death Row		10.00 QI	
	103 ITV1	◂ 6.25 Dancing on Ice		8.00 Who Wants to Be a Millionaire?...		9.00 Out There		10.00 News	10.20 The Dry
	104 CHANNEL 4	◂ 6.05 Mysteries of Loch Ness	7.45 The Great Pottery Throw Down			9.00 Celebrity Hunted		10.00 Gogglebox	
	105 CHANNEL 5	7.00 Tesco: How Do They Really Do It?		8.00 22 Kids & Counting		9.00 The Castaways		10.00 The Michelle Mone Scandal: Where...	
	106 SKY SHOWCASE	◂ 6.30 Football: WSL – Live: Manchester United v Brighton & Hove Albion (Kick-off 6.45)				9.00 Film: Blacklight			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 The Traitors		10.00 The Traitors...	10.30 Film: Cyrano
	116 BBC4	7.00 Great Australian Railway Journeys		8.00 Seven Worlds, One Planet		9.00 Rachel's Farm			10.25 Joan Sutherland
	118 ITV2	◂ 6.10 Film: Fantastic Beasts: The Secrets of Dumbledore				9.00 Love Island: All Stars		10.05 Family Guy	
	136 MORE4	◂ 6.55 Four in a Bed	7.55 PopMaster TV			9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: War for the Planet of the Apes			
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Law & Order: Special Victims Unit		10.00 Fire Country	
	108 SKY ATLANTIC	◂ 6.40 Perry Mason				9.00 Lockerbie: A Search for Truth		10.05 The Wire	
	110 U&GOLD	◂ 6.55 Only Fools and Horses		8.15 Dad's Army		9.00 Billy Connolly Does...		10.00 Only Fools and Horses	
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal		8.00 Guy Martin: Proper Jobs		9.00 Have I Got a Bit More News for You		10.00 Would I Lie to You?	10.40 Mock...
	119 ITV3	◂ 6.55 The Darling Buds of May		8.00 Doc Martin		9.00 Rosemary & Thyme		10.05 Vera	
	120 ITV4	◂ 5.35 Film: Thunderball		8.15 Film: Jaws: The Revenge				10.10 Film: Aliens	
	112 COMEDY CENTRAL	◂ 6.50 Film: Evolution				9.00 Film: Definitely, Maybe			
	139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Grimm			
	113 SKY MAX	7.00 Grimm		8.00 Freddie Fries Again		9.00 A League of Their Own		10.00 Rob Beckett's Smart TV	
	109 U&ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise		10.00 Far North	
	130 SKY ARTS	7.00 Michael Flatley – Lord of the Dance: Dangerous Games			8.40 Film: Sherlock Holmes in Dressed to Kill			10.00 The Lost Music of Auschwitz	
	132 U&W	7.00 Inside the Operating Theatre				9.00 Nurses on the Ward			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 On the Roam		10.00 Custom Carolina	
	162 ANIMAL PLANET	7.00 Crikey! It's the Irwins						10.00 The Last Alaskans	
	129 NAT GEO	7.00 Lost Treasures of Angkor: Ancient Laos...		8.00 Mysterious Islands		9.00 Drain Alcatraz		10.00 Australia's Hardest Prison	
	123 SKY HISTORY	7.00 Medieval Murder Mysteries				9.00 The Jewish Nazi?			
	155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 One Foot in the Grave				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Spitfire				9.00 An American Bombing: The Road to April 19th			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.45 The Fall Guy		8.00 The Killer					10.15 The Last Stop in Yuma...
	302 FEEL GOOD	◂ 5.45 Erin Brockovich		8.00 Bridget Jones: The Edge of Reason				10.00 Girls Trip	
	303 HITS	◂ 6.00 IF		8.00 Wonka				10.00 The Portable Door	
	304 GREATS	◂ 5.50 Superman II		8.00 Superman III					10.10 Superman IV – The Quest for...
	305 ANIMATION		7.20 The Angry Birds Movie			9.05 The Angry Birds Movie 2			
	306 FAMILY	◂ 6.05 The NeverEnding Story	7.50 The BFG				9.50 Blue Beetle		
	307 STUNTS	◂ 6.00 300: Rise of an Empire		8.00 Jack Reacher					10.20 Jack Reacher: Never...
	308 COMEDY	◂ 6.05 National Lampoon's Animal House		8.00 Two Weeks Notice			9.45 It's Complicated		
	309 CRIME	◂ 6.00 Bad Boys: Ride or Die		8.00 Catch Me If You Can					10.20 The Wolf of Wall Street
	310 DRAMA	◂ 5.50 Frost/Nixon		8.00 Forrest Gump					10.25 Lost in Translation
	311 SCI-FI	◂ 6.00 Star Trek V: The Final Frontier		8.00 Ready Player One					
	313 FILM4		7.10 Daddy's Home			9.00 Terminator: Dark Fate			
SPORT	401 MAIN EVENT	◂ 4.00 Super...	7.30 NFL – Live: Coverage of the AFC Championship match						
	402 PREMIER LEAGUE	◂ 4.00 Super...	7.30 Football: WSL – Live: Manchester United v Brighton & Hove Albion (Kick-off 6.45)				9.30 SNF	10.00 Premier League Highlights	
	403 FOOTBALL	◂ 6.30 Football: WSL – Live: Manchester United v Brighton & Hove Albion (Kick-off 6.45)					9.30 WSL		10.15 EFL Highlights
	404 CRICKET	◂ 6.30 Big Bash...	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	◂ 6.00 Premier League – Live: Fulham v Manchester United (Kick-off 7.00)					9.30 UEFA Europa...	10.00 World Rally...	10.30 UEFA Europa...
	411 TNT SPORTS 2	◂ 6.30 Serie A	7.30 Serie A – Live: Lazio v Fiorentina (Kick-off 7.45)					10.00 Gallagher Premiership Rugby Union	

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
7.35 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning Live** New edition
11.30 **Homes Under the Hammer** (S)(R)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition With Barbara Dickson. (S)
1.50 **Lifeline** New edition (S)
2.00 FILM **Horrible Histories: The Movie** Family comedy starring Sebastian Croft and Craig Roberts. (S)(AD) (2019, PG, 95min) ★★★
3.35 **Gladiators** 2/11. Legend plays mind games on the Wall. (S)(R)(AD)
4.35 **Blue Planet II** 3/7. Creatures that live on coral reefs. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

8.00 Call the Midwife

6 PM

6.00 Countryfile
New edition Adam Henson and Sean Fletcher explore the New Forest. Adam also travels to Shropshire to meet a young pig farmer who is passionate about preserving the countryside. (S)

7 PM

7.00 Antiques Roadshow
Fiona Bruce presents the show from Glasgow's Pollok Park, where finds include an incredibly rare Victoria Cross medal awarded to a Sikh soldier in World War Two. (S)(R)

8 PM

8.00 Call the Midwife
New episode 4/8. The Nonnatus team prepare for the arrival of a new nun and trainee midwife, Sister Catherine, who is quickly thrown into a complex case. (S14) (S)(AD)

9 PM

9.00 SAS Rogue Heroes
Series finale 6/6. The SAS return to Britain and are given some time to decompress from the events in Italy. *See feature, page 7.* (S2) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day 2
Mark Chapman presents today's Premier League action, including Tottenham Hotspur v Leicester City and Fulham v Manchester United. (S)
11.45 The Women's Football Show
Highlights of the weekend's games in the Super League, including Chelsea v Arsenal. (S)
12.35 AM **The Graham Norton Show**
Graham is joined by guests Reese Witherspoon, Will Ferrell, Ariana Grande and Don Gilet. Plus, music by Olly Alexander. (S)(R)
1.25 **Weather for the Week Ahead** (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.40 AM **Countryfile** (S)(R)
7.35 **Breakfast** (S)
9.00 **Weatherman Walking** (S)(R)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **Nigel and Adam's Farm Kitchen** Nigel Slater and Adam Henson rear three breeds of pig. (S)(R)
12.00 NOON LIVE **Match of the Day: Women's Super League** Chelsea v Arsenal: All the action from the top-flight match at Stamford Bridge. Kick-off is at 12.30. (S)
2.40 PM LIVE **Bowls: World Indoor Championships** Rishi Persad presents coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the open singles final. (S)
5.15 **Ski Sunday** Chemmy Alcott and Ed Leigh present World Cup action from Kitzbuhel in Austria. (S)

8.00 This Farming Life

6 PM

6.00 Inside the Factory
4/6. Paddy McGuinness visits the Graze factory in London, where 40 million flapjacks a year are produced, and Cherry Healey learns how oats can benefit gut health. (S)(R)(AD)

7 PM

7.00 Cities: Nature's New Wild
2/3. Animals that travel in and out of cities in search of food or a safe place for their young, including penguins in Cape Town, and black bears in North America. (S)(R)(AD)

8 PM

8.00 NEW SERIES **This Farming Life**
1/12. Nick prepares to take over the family farm, Jo and Andy await the fate of their swamped crops, while Paul and Mel trade tools for fish and chips. (S)

9 PM

9.00 NEW TO BBC2 **Life and Death Row**
1/3. Following the campaign to take Dallas man Ivan Cantu off death row, having been sentenced to death in 2001. *Previously shown on BBC3.* (S)

10 PM

10.00 QI
New edition 13/16. With guest panellists Jason Manford, Ahir Shah and Holly Walsh. (S)
10.30 FILM **Schindler's List**
Steven Spielberg's epic Oscar-winning historical drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1,000 Jews. (S)(AD) (1993, 15, 185min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.35 AM **Sign Zone: Question Time**
Debate from Stockport. (S)(R)
2.35 **Sign Zone: Silent Witness** (S)(R)
3.35 **to 6.45** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **The Masked Singer** (S)(R)(AD)
7.25 **James Martin's Saturday Morning** With Alysia Vasey. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 **Fletchers' Family Farm** New edition 7/10. The family have a night away camping. (S)(AD)
12.30 PM **Love Your Garden** (S)(R)(AD)
1.00 **ITV News** (S)
1.10 **Ainsley's Fantastic Flavours** New edition North Africa. (S)
2.15 FILM **Minions** Animated comedy with the voice of Sandra Bullock. (S)(AD) (2015, U, 105min) ★★★★
4.00 **Wheel of Fortune** (S)(R)(AD)
5.00 **The Chase Celebrity Special** Richard Bacon, Daisy Arwen Campbell, Neil Jones and Gary Wilmot take part. (S)(R)

10.20 The Dry

6 PM

6.00 ITV News (S)
6.10 Local News (S)
6.25 Dancing on Ice
New edition Holly Willoughby and Stephen Mulhern host as the 10 remaining couples compete in Movie Week, performing routines inspired by beloved films in hope of impressing judges Ashley Banjo, Oti Mabuse, Jayne Torvill and Christopher Dean. Plus, the professionals perform a routine inspired by *Wicked*. (S)

7 PM

8 PM

8.00 NEW SERIES **Who Wants to Be a Millionaire? Celebrity Special**
Jeremy Clarkson hosts a celebrity version of the quiz show, featuring Stephen Fry and Jeanette Kwakye. (S)

9 PM

9.00 Out There
New episode 3/6. Scott explains to Nathan he's a third-party agent who wants to buy his farm, and Johnny kills drug dealer Kenny. (S1) (S)(AD)
■ Continues tomorrow

10 PM

10.00 ITV News (S)
10.20 The Dry
New episodes 5/8. Tom's family meeting goes awry when dark secrets are revealed. (S)(AD)
10.50 6/8. Bernie's interview is published – with disastrous results. (S2) (S)(AD)
■ Entire series on ITVX
11.25 **Long Lost Family Special: The Spanish Baby Scandal** A search for babies stolen at birth. (S)(R)(AD)
12.20 AM **Teleshopping**
3.00 **Ainsley's Fantastic Flavours** The Mediterranean. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fletchers' Family Farm** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.20 AM **The King of Queens** (S)(R)(AD)
7.10 **Frasier** 11-14/24. (S2) (S)(R)
9.00 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Scott Mills, Skin, Paula Radcliffe and Jill Scott. (S)
1.00 PM **The Simpsons** *Lisa the Iconoclast:* Lisa discovers the revered founder of Springfield was actually a vicious pirate. (S)(R)(AD)
1.30 *Homer the Smithers:* Smithers is forced to take a holiday and chooses Homer as his replacement while he is away. (S)(R)(AD)
2.00 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
4.35 **George Clarke's Adventures in Americana** George visits Florida to see how the state's cultural diversity is represented. (S)(R)(AD)
5.35 **News** (S)

7.45 The Great Pottery Throw Down

6 PM

6.05 Mysteries of Loch Ness
New edition 2/3. Documentary exploring the enduring history, folklore and science of the Loch Ness monster, with contributions from believers, sceptics, tourists and locals. (S)(AD)

7 PM

7.45 The Great Pottery Throw Down
New edition 4/10. Host Siobhán McSweeney and judges Keith Brymer Jones and Rich Miller welcome Britain's best home potters to Raku Week. The potters make bulbous vessels with naked raku decoration and, in the spot test, the guest judge – Latvian ceramic artist Laima Laurina – sets them a decorative challenge. (S)(AD)

8 PM

9 PM

9.00 Celebrity Hunted
New edition 4/8. One fugitive stops off at a recording studio to lay down some raps to rile her pursuers, before another pair enjoy some cheeky fun at the hunters' expense. (S)(AD)

10 PM

10.00 Gogglebox
Opinions on shows including *Wheel of Fortune, Trigger Point, Michael McIntyre's Big Show* and *Boarders*. (S)(R)(AD)
11.00 **8 Out of 10 Cats Does Countdown** Jon Richardson and Big Zuu take on Danny Dyer and Helen Bauer. (S)(R)
12.00 M'T FILM **Misery** Suspense drama with James Caan and Kathy Bates. (S) (1990, 15, 110min) ★★★★
1.50 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.40 **The Simpsons** (S)(R)(AD)
4.20 **Find It, Fix It, Flog It** (S)(R)
4.30 **Frasier** 21-23/24. (S10) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.15 **NFL: End Zone** (S)
9.40 **Escape to the Farm with Kate Humble** Triple bill. (S)(R)
12.35 PM **Yorkshire: A Year in the Wild** Double bill. (S)(R)(AD)
2.35 **Shetland: Scotland's Wondrous Isles** The residents of Yell gear up for their annual show. (S)(R)
3.35 **Dan & Helen's Pennine Adventure** 1/4. Dan Walker and Helen Skelton explore Cumbria's Pennine Way. (S)(R) **4.35** 2/4. The pair begin the next leg of their journey atop Stoodley Pike Monument. (S)(R)
5.35 **When Beach Holidays Go Horribly Wrong** Accounts of nightmare vacations. (S)(R)

9.00 The Castaways

6.55 **News** (S)

7.00 **Tesco: How Do They Really Do It?** Cameras go behind the scenes in the giant supermarket chain for 24 hours to uncover the secrets behind Tesco's success. (S)(R)

8.00 **22 Kids & Counting** New edition Casper prepares to make the leap to secondary school, but is scared that being the smallest boy in the year will make him a target of bullying. (S)

9.00 NEW SERIES **The Castaways** 1/5. Thriller starring Sheridan Smith. A woman vows to unravel the mystery of a missing flight. (S1) (S)(AD) ■ Continues tomorrow

10.00 **The Michelle Mone Scandal: Where Did Our Money Go?** The scandal surrounding Michelle Mone's involvement in a contract to supply PPE during the pandemic. (S)(R)

11.05 **Most Shocking Celebrity Moments** (S)(R)
1.00 AM **Entertainment News** (S)
1.10 **PlayOJO Live Casino Show** (S)
3.10 **The Queen vs No 10: Behind Closed Doors** (S)(R)
4.25 **House Doctor** (S)(SL)(R)
4.55 **Divine Designs** (S)(SL)(R)
5.20 **Wildlife SOS** (S)(SL)(R)
5.45 **to 5.50** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **My Little Pony: Friendship is Magic** (S)(R)
6.50 **Where's Wally** (S)(R)
7.40 **Ultimate Magic Skills** (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion. (S)
10.00 **The Office (US)** (S6) (S)(R)
12.00 NOON **Boss Shark** (S)(R)
1.00 PM **David Attenborough's First Life** Double bill. (S)(R)
3.30 **The Simpsons** Five episodes of the animation, including at: **5.00** *Judge Me Tender:* Moe is approached by a TV agent to join the *American Idol* judging panel. Featuring the guest voice of Simon Cowell. (S)(R) **5.30** *Every Man's Dream:* Homer and Marge decide on a trial separation. (S)(R)

9.00 Blacklight

6.00 **The Simpsons** *'Cue Detective:* Homer is challenged to a barbecue cook-off by a TV chef. (S)(R)

6.30 LIVE **Football: WSL** Manchester United v Brighton & Hove Albion: Coverage of the Women's Super League match from Leigh Sports Village. Former Red Devils striker Nikita Parris scored a second-half equaliser for the Seagulls in a 1-1 draw at the AMEX Stadium between the teams last October, which at the time brought an end to United's 100% start to the campaign. Kick-off is at 6.45.

9.00 FILM **Blacklight** Action thriller starring Liam Neeson. A government operative coming to terms with his shadowy past finds himself in the crosshairs of the FBI director he once helped protect. With Aidan Quinn, Taylor John Smith and Emmy Raver-Lampman. (S)(AD) (2022, 15, 104min) ★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Saturday Night Live** With guest host Timothée Chalamet. (R)
12.30 AM **Brassic** 3/6. Ash is drugged during a bare-knuckle bout against a fighter from a rival family of travellers, so Vinnie steps up to fight a rematch in his place. (S1) (S)(R)(AD)
1.30 **The Force: Manchester** (S)(R)
2.30 **Road Wars** Double bill. (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **3.35pm** Blue Planet II (S)(R)(AD) **4.35-5.35** Burns Night 2025 (S)(R) **11.45** Sportscene: Premiership Highlights (S)(R) **12.30am** The Women's Football Show (S) **1.20** The Graham Norton Show (S)(R) **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
5.15pm LIVE United Rugby Championship (S) **7.30-8.00** True North: Row Hard or Row Home – Around Ireland in 32 Days (S)(R) **10.00-10.30pm** NEW Tartan Tales (S)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Ty am Ddim **10.00** Antur y Gorllewin **11.00** Adre **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Cymru Wyllt **1.00pm** Bois y Pizza: Chwe' Gwlad (AD) **1.30** Cymry ar Gynfas **2.00** Y Fets (AD) **2.30** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **2.55** Efaciwis (AD) **3.55** Cefn Gwlad (AD) **4.25** Clwb Rygbi **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Priodas Pum Mil New edition **9.00** Ar y Ffin New episode (AD) **10.00** Ty Ffit **11.00-11.35pm** Pobol y Rhondda

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Callum and Nigel try to cheer up Phil. **7.30** Ruby takes a big risk to impress Martin.
8.00 **Top Gear** Presenter Matt LeBlanc tests the world's fastest-accelerating car.
9.00 **The Traitors** 11/12. The game nears its end as the penultimate day in the Traitors' castle dawns.
10.00 **The Traitors: Uncloaked** 11/12. Ed Gamble is joined by Lorraine Kelly, Diane Carson and Harry Clark.
10.30 FILM **Cyrano** Musical drama starring Peter Dinklage, Haley Bennett and Kevin Harrison Jnr. Cyrano de Bergerac is too self-conscious to woo Roxanne, so helps young Christian nab her heart through love letters. (2021, 12, 123min) ★★★
12.25 AM **Drugs Map of Britain**
1.20 **Top Gear**
2.20 **Laugh Lessons**
2.25 **Dubai Hustle**
2.55 **Ballers: Ball or Nothing**
3.25 **to 3.55** AM **Squad Goals: Dorking 'Til I Die**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great Australian Railway Journeys** Michael Portillo explores Australia by train, beginning by riding the Ghan Railway from Port Augusta in the south to Darwin on the north coast.
8.00 **Seven Worlds, One Planet** David Attenborough looks at the wildlife of Australia, including footage of kangaroos and wombats braving snowstorms.
9.00 NEW **Rachel's Farm** Film director and actor Rachel Ward joins a farming revolution, embracing a movement to restore the health of Australia's farmland, food and climate.
10.25 **Joan Sutherland** The Australian soprano talks to Bernard Levin and sings scenes from some of her most celebrated roles.
11.30 **Joan Sutherland: World Singer** The Australian opera singer in performance.
11.50 **The Australian Wars**
2.50 **to 3.50** AM **Great Australian Railway Journeys**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
10.25 **A Place in the Sun: Home or Away**
2.35 PM **Come Dine with Me** Five editions from Sheffield.
5.15 **Four in a Bed** The contest begins at Blackthorn Farm B&B on Anglesey. **5.50** The second visit is to the White Swan Hotel in Yeadon, West Yorkshire. **6.20** From the Old Mill House B&B in Dorset. **6.55** The final visit is to the Brighton Inn, East Sussex.
7.25 **Four in a Bed** The owners meet up for the last time.
7.55 **PopMaster TV** Ken Bruce hosts Britain's toughest music quiz, as five more players compete in the second heat.
9.00 **999: On the Front Line** On the way to a job, paramedics come across a road traffic accident, where two cars have collided and a woman is in distress sitting in the middle of the road.
10.00 **24 Hours in A&E** Cameras follow a woman who has been flung from a go-kart at speed, and a man who trapped his finger between two shopping trolleys.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line**
1.15 **PopMaster TV**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
7.15 **Rude(ish) Tube Shorts**
7.35 **Don't Tell the Bride**
8.35 **Ramsay's Kitchen Nightmares USA**
12.40 PM FILM **Mr Popper's Penguins** Comedy starring Jim Carrey and Carla Gugino. A high-flying Manhattan real estate agent inherits a group of penguins that wreak havoc in his life. (2011, PG, 94min) ★★★
2.35 **The Big Bang Theory** 14-19/23. Six episodes. (S3)
5.30 **The Simpsons** Seven episodes, including at: **7.30** *Missionary: Impossible:* Homer becomes a missionary on a remote island. **8.00** *The 7 Beer Itch:* Homer is tempted by a British femme fatale. **8.30** *Podcast News:* Abe is accused of a serious crime.
9.00 FILM **War for the Planet of the Apes** Sci-fi adventure sequel starring Andy Serkis, Woody Harrelson and Steve Zahn. A devastating conflict erupts between humans and intelligent primates in a post-apocalyptic future. (2017, 12, 140min) ★★★★
11.45 **Gogglebox**
12.50 AM **Open House: The Great Sex Experiment**
1.55 **Naked Attraction**
3.50 **Teen First Dates**
4.45 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **UK Border Force**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Customs UK**
11.00 **Paramedics Australia**
12.00 NOON **The Real A&E** The A&E team help a man who has fallen 20ft from a ladder. **12.30** PM The team help a woman who has been kicked in the head by a horse.
1.00 **Air Ambulance ER**
2.00 **Nothing to Declare** Ten editions of the documentary.

10.00 Fire Country

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **Law & Order: Special Victims Unit** *A Better Person:* 8/22. The unit hunt for a suspect who killed a detective's child. (S24)

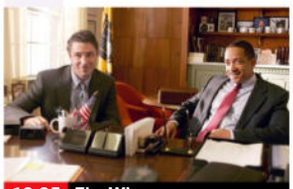
10 PM
10.00 **Fire Country** *At the End of My Rope:* 20/22. The crew respond to a deadly explosion at an abandoned mine. (S1)
11.00 **FBI: International** 21/21. A private jet carrying American citizens is shot down over Europe. (S1)
12.00 M'T **The Cleaning Lady** (S1)
1.00 AM **For Life** 6/13. (S1)
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets** Triple bill.
9.00 **The Guest Wing**
10.00 **The Sopranos** 5-9/13. (S5)
3.20 PM **Perry Mason** 4/8. Mason and Strickland lean on Virgil for legal assistance. **4.30** 5/8. The lawyer helps a young heiress in the matter of her father's estate. **5.35** 6/8. As Emily's trial begins, Mason tries to overcome his shaky start. **6.40** 7/8. Perry works to expose the Radiant Assembly's corrupt finances. (S1)



10.05 The Wire

7.50 **Perry Mason** *Chapter 8:* 8/8. As the trial winds to a close, Mason and team attempt to tie up loose ends – and set the stage for their futures. (S1)

8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9.00 **Lockerbie: A Search for Truth** 4/5. Jim grows closer to the wrong man, and pulls further away from his family. (S1)

10.05 **The Wire** *Slapstick:* 9/12. A murder threatens the secrecy of the tolerant zones, and Prez makes a fatal error. (S3)
11.05 **The Time Traveler's Wife** 4/6. Clare invites Henry to a dinner party, but when it's crashed by another Henry, secrets are spilled. (S1)
12.05 AM **Succession** 5&6/10. (S1)
2.15 **Gomorrah** 11 & 12/12. (S3)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **MacGyver** (S4&5)
11.00 **S.W.A.T.** Five episodes of the crime drama, including at: **2.00** PM 5/22. The team uncover a murderous plot against a quarterback. **3.00** 6/22. Armed gunmen storm the set of a controversial cable news show. (S5)
4.00 **Grimm** 9/22. Two creatures are connected to a murder. **5.00** 10/22. Nick investigates an organ-harvesting plot. **6.00** 11/22. Nick and Hank hunt for a spider creature. (S1)

10.00 Rob Beckett's Smart TV

7.00 **Grimm** *Last Grimm Standing:* 12/22. Nick and Hank uncover an underground fighting circuit. (S1)

8.00 **Freddie Fries Again** 1/6. Andrew Flintoff and Rob Penn set off on another set of adventures in their eco-friendly chip van.

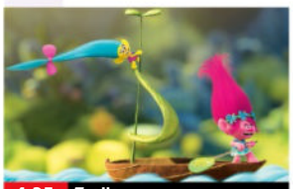
9.00 **A League of Their Own** Romesh Ranganathan hosts the sports-based comedy quiz with guests Jorginho and Danny Dyer.

10.00 **Rob Beckett's Smart TV** With guests Charlie Cooper, Chris Packham and Natalie Cassidy.
10.45 **The Walking Dead: The Ones Who Live** *Bye:* 3/6. Jadis reveals her allegiances. (S1)
11.55 **Brassic** 3/6. Ash is drugged during a fight. (S1)
1.00 AM **The Force: Manchester**
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E: South Africa**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.50 **Secret Crush** Double bill.
11.50 **Celebrity Catchphrase** With Emily Atack, Brenda Edwards and Martin Kemp.
12.50 PM **The Masked Singer**
2.20 **FILM Yes Man** Comedy starring Jim Carrey, Terence Stamp and Zooey Deschanel. (2008, 12, 100min) ★★★
4.25 **FILM Trolls** Animation with the voice of Anna Kendrick. (2016, U, 92min) ★★★



4.25 Trolls

6.10 **FILM Fantastic Beasts: Secrets of Dumbledore** Fantasy sequel starring Eddie Redmayne. Albus Dumbledore must assist Newt Scamander as Grindelwald leads an army to destroy Muggles. (2022, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: All Stars** New edition The third week kicks off with another day of high drama for the All Stars.

10.05 **Family Guy** 19/20. The men go to a ranch. **10.35** 20/20. Peter goes to a business conference with Preston. (S20)
11.05 **Family Guy** 1/20. (S21)
11.35 **American Dad!** (S17)
12.35 AM **The Emily Atack Show**
1.20 **The Stand Up Sketch Show**
1.45 **Totally Bonkers Guinness...**
2.20 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Inspector Morse**
10.40 **The Durrells** Double bill.
12.40 PM **Doc Martin** 3/9. (S2)
1.45 **A Touch of Frost** *Hidden Truth:* Dour detective Frost searches for a woman who witnessed a gangland murder.
3.45 **Lewis** *Expiation:* When a housewife is found hanged in her home, the police initially mark it down as suicide.
5.50 **The Darling Buds of May** 3/6. Part one of two. Pop plans to build a swimming pool in the shape of Ma. (S3)

9.00 Rosemary & Thyme

6.55 **The Darling Buds of May** 4/6. Part two of two. Pop discovers George is a con-artist defrauding the ministry. (S3)

8.00 **Doc Martin** *Aromatherapy:* 4/9. The GP tries to figure out why one of his patients smells so badly. (S2)

9.00 **Rosemary & Thyme** *Sweet Angelica:* The duo are hired to cure a patchy lawn at a select language school.

10.05 **Vera** *Silent Voices:* The detective investigates the murder of a social worker and a past case involving the death of a child appears to hold the key to solving the mystery.
12.00 M'T **Lewis** As 3.45pm.
2.00 AM **Bless This House** *Something of Value:* Sid is left a strange bequest.
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Action from Dundee United v Rangers.
8.00 **Paramedics on Scene** A crew rush to help a woman who was kicked in the head by a horse.
9.00 **Murder Case: The Hunt for Mary McLaughlin's Killer** The search for the murderer of Mary McLaughlin.
10.00 **Still Game** 4/6. Jack and Victor offer some unconventional marriage guidance advice. (S7)
10.30 **Best of Chewin' the Fat** 4/5. Highlights of the sketch show. (S2)
11.00 **The Sunday Show** The main issues from the world of politics.
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland**

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S2)
9.50 **Silicon Valley** (S3&4)
12.50 PM **Entourage** (S5)
3.40 **Ballers** 6-10/10. (S3)
6.45 **The Office (US)** 18/26. Part two of two. Pam has trouble getting her baby to breastfeed. **7.10** 19/26. Jim returns from paternity leave, and Andy and Erin plan a first date. **7.35** 20/26. Michael withholds the sales leads. **8.00** 21/26. Oscar plots to spend more time with Matt. **8.30** 22/26. Andy's plans to give Erin the perfect Secretary's Day hit a snag. (S6)
9.00 **Saturday Night Live** New edition With Timothée Chalamet.
10.30 **And Just Like That...**
12.10 AM **Saturday Night Live**
1.40 **Sex and the City** (S3)
2.50 **Flight of the Conchords**
3.50 **In the Long Run** (S1)
4.20 **to 5.00** AM **Enlightened**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **La Wally**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Landscape Artist of the Year**
2.00 **Music Icons: American Rock**
2.30 **Billy Joel Live at Yankee Stadium**
4.25 **Eric Clapton's Crossroads Live in LA**
7.00 **Michael Flatley: Lord of the Dance – Dangerous Games**
8.40 **FILM Sherlock Holmes in Dressed to Kill** Mystery thriller. (1946, b/w, U, 70min) ★★★
10.00 **The Lost Music of Auschwitz**
11.30 **Elizabeth Taylor: The Lost Tapes**
1.30 AM **California Dreamin': The Songs of the Mamas and the Papas**
2.45 **Berlin Live: Donovan**
4.00 **Classic Albums**
5.00 **Discovering: Jethro Tull**
5.30 **to 6.00** AM **Discovering: Meat Loaf**

Sky Mix

151 135 11 141

6.00 AM **Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Monkey Life**
11.30 **Highway Cops**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Road Wars**
3.00 **Nothing to Declare**
5.00 **Highway Cops**
6.00 **Road Wars** Double bill.
8.00 **Nothing to Declare**
9.00 **Britain's Most Evil Killers** The story of two men who murdered a millionaire and his family. **10.00** Russell Bishop, convicted of murdering two girls in 1986.
11.00 **Snapped**
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View** Series finale Rachel and her daughter search for a cabin-style home.
8.10 **The Real Housewives of Jersey** Reality series.
9.10 **Gino's Italy: Secrets of the South** Double bill.
10.10 **Scott's Vacation House Rules** Double bill.
12.05 PM **Real Housewives of New Jersey**
4.55 **Gary Barlow's Wine Tour: South Africa**
6.00 **Dermot O'Leary's Taste of Ireland**
7.00 **Inside M&S at New Year** Documentary.
8.00 **Fletchers' Family Farm at Christmas**
9.00 **FILM Ghost** Romantic fantasy thriller. (1990, 12, 127min) ★★★★
11.35 **Botched** Medical series.
12.30 AM **Dr. 90210**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **7.00** *The Monte Carlo Murders:* Jessica investigates a murder in Monte Carlo. Guest stars Ian Ogilvy. **8.00** *Tinker, Tailor, Liar, Thief:* A British MP is found murdered. Guest stars Trevor Eve.
9.00 **Garage Sale Mysteries: Picture a Murder** Crime drama starring Lori Loughlin and Eva Bourne.
10.55 **Garage Sale Mysteries: Murder Most Medieval** Crime drama with Lori Loughlin and Steve Bacic.
12.50 AM **The New Avengers**
3.00 **Randall and Hopkirk (Deceased)** 24/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **The Best of Saint & Greavsie**
8.00 **The Motorbike Show**
9.00 **EFL Highlights**
10.30 **Cadfael** 4/4. (S1)
12.05 PM **Sharpe** *Sharpe's Enemy.*
2.20 **Football League Legends**
2.30 **LIVE Premiership Rugby Union** Sale Sharks v Bath.
5.15 **The Best of the 90s**
5.25 **World of Sport**
5.35 **FILM Thunderball** James Bond adventure with Sean Connery. (1965, PG, 140min) ★★★★

8.15 Jaws: The Revenge

FILM Thunderball (film started at 5.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.15 **FILM Jaws: The Revenge** Action thriller sequel starring Lorraine Gary and Michael Caine. The small town of Amity is terrorised once again by a man-eating shark. (1987, 12, 100min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

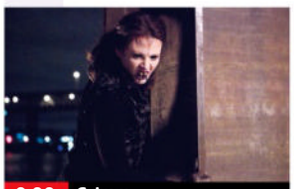
10.10 **FILM Aliens** Sci-fi action thriller sequel starring Sigourney Weaver. (1986, 15, 137min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.45 AM **Giant Lobster Hunters**
1.40 **Minder**
2.40 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Deep Space Nine**
4.00 PM **Stargate SG-1** 4/20. General O'Neill assumes full command of the base, but faces more than one crisis. **5.00** 5/20. The crew land on another planet, causing the Rand Protectorate and the Caledonian Federation to be drawn into a civil war. **6.00** 6/20. Teal'c finds himself trapped in a virtual-reality simulation battle. (S8)

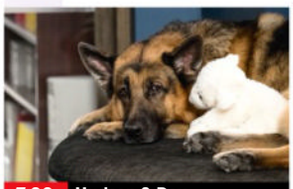

9.00 Grimm

7.00 **Stargate SG-1** *Affinity:* 7/20. Teal'c moves to an apartment off-base and is drawn into his new neighbour's problems.
8.00 **Stargate SG-1** *Covenant:* 8/20. A businessman threatens to expose all the secrets of alien life to the world. (S8)
9.00 **Grimm** *Tarantella:* 11/22. Nick and Hank hunt for a woman who is actually a creature that devours the internal organs of men.
10.00 **Grimm** *Last Grimm Standing:* 12/22. Nick and Hank uncover an underground fighting circuit. (S1)
11.00 **Grimm** 13/22. Three coins have an unsettling effect on whoever possesses them. **12.00** M'T 14/22. Nick looks for a fire-breathing monster. **1.00** AM 15/22. Nick looks into a murder at a spice shop. (S1)
2.00 **FILM Swim** Action horror. (2021, 15, 86min) ★★
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Lu come to the aid of allotment holders who are being threatened with eviction. **5.00** 4/10. A carpet magnate is killed in an apparent accident at his warehouse. (S3)
6.00 **Beyond Paradise** 3/6. A painting disappears in a seemingly impossible heist. (S1)


7.00 Hudson & Rex

7.00 **Hudson & Rex** *Capital Punishment:* 11/16. Charlie and Rex receive an award for heroism.
8.00 **Hudson & Rex** *No Man Is An Island:* 12/16. Charlie and Rex visit an island community caught up in a resettlement dispute. (S4)
9.00 **Death in Paradise** *A Dash of Sunshine:* 6/8. Poole investigates the death of a strangled English tourist. (S2)
10.00 **Far North** 3/6. The crew face days without any drinking water, while Ed and Heather make a shocking discovery. (S1)
11.00 **Annika** 1/6. (S2)
12.00 M'T **Hudson & Rex** 11/16. (S4)
1.00 AM **Miss Scarlet and the Duke** 1/6. Eliza teams up with Duke to investigate a burglary at a high-end brothel. (S4)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.15 AM **The Two Ronnies**
9.05 **Only Fools and Horses**
12.55 PM **Only Fools and Horses** Nine episodes, including at: **4.55** Uncle Albert falls into the cellar at the Nag's Head. **5.35** Rodney aspires to be a pop star, but Del Boy manages to ruin his chances. **6.15** The Trotters agree to dog-sit while Boycie and Marlene go on holiday. **6.55** Del Boy pays a stripper to attend a party at the Nag's Head with Rodney.

8.15 Dad's Army

7.35 **Only Fools and Horses** Del Boy persuades Denzil to lend him his redundancy money.
8.15 **Dad's Army** Captain Mainwaring orders his blundering platoon to guard the bank's money.
9.00 **Billy Connolly Does...** Billy looks at what it means to be Scottish, including tartan pompousness and terrible folk songs.
10.00 **Only Fools and Horses** Rodney experiences the joys of dating. **10.40** The Trotters attend Grandad's funeral.
11.20 **Only Fools and Horses**
12.00 M'T **Alison & Larry: Billericay to Barry** Alison and Larry try their hand at gin making before heading to Barry Island.
1.00 AM **Inside No 9**
2.15 **Toast of London**
3.20 **to 4.00** AM **The Real McCoy**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
9.00 **Storage Hunters UK**
9.30 **Guy Martin: The World's Fastest Electric Car?**
11.00 **Top Gear** Double bill.
1.00 PM **American Pickers**
3.00 **Gino's Italian Coastal Escape**
5.00 **Motorhoming with Merton & Webster** A visit to the Brecon Beacons National Park.
6.00 **Cornwall with Simon Reeve** 1/2. The explorer travels through Cornwall as the county emerged from the first COVID-19 lockdown.

8.00 Guy Martin: Proper Jobs

7.00 **Special Ops: To Catch a Criminal** New edition Investigating a suspect holiday home company. ■ Entire series on U
8.00 **NEW SERIES Guy Martin: Proper Jobs** Guy gets stuck into the demanding and dangerous jobs. ■ Entire series on U
9.00 **Have I Got a Bit More News for You** Martin Lewis hosts the satirical quiz, with Ignacio Lopez and Steph McGovern.
10.00 **Would I Lie to You?** With Gabby Logan, Bob Mortimer, Steve Backshall and Katherine Parkinson.
10.40 **Mock the Week** With Ed Byrne, Olga Koch, Nigel Ng and Suzi Ruffell.
11.20 **Mock the Week**
12.00 M'T **Red Dwarf**
2.00 AM **David Mitchell's Outsiders**
2.50 **to 4.00** AM **Live at the Moth Club**

+1 hour 211/212 327 74

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** From Kent.
3.00 **A Place in the Sun** Five editions, including at: **6.00** A couple seek a holiday home on the Greek island of Zante. **7.00** A couple seek a smallholding and wellness retreat in the Almeria Province.
8.00 **Grand Designs** Kevin McCloud follows the construction of a home on a tiny plot in Hackney.
9.00 **Celebrity Gogglebox** Shows appraised include *Platinum Party at the Palace* and *Bargain Hunt*.
10.05 **Sarah Millican: Bobby Dazzler** Stand-up show.
11.05 **24 Hours in A&E**
12.05 AM **8 Out of 10 Cats Does Countdown**
1.05 **24 Hours in A&E**
2.10 **Celebrity Hunted**
3.10 **Junior Bake Off**
4.05 **to 5.05** AM **Kirstie and Phil's Love It or List It**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S5)
1.05 PM **NCIS** Nine episodes of the series, including at: **6.00** *Blowback:* 14/24. An arms dealer steals secret launch codes. **7.00** *Friends & Lovers:* 15/24. A body is found in a disused restaurant. **8.00** *Dead Man Walking:* 16/24. A nuclear power plant inspector suffers radiation poisoning. (S4) **9.00** *Algún Dia:* 1/10. The team must help Torres when he puts his future at stake. (S21)
10.00 **Law & Order: Special Victims Unit** *Reparations:* 21/24. A woman accuses her flatmate's brother of rape. (S12)
11.00 **Law & Order: Special Victims Unit** (S12)
1.50 AM **Criminal Minds**
2.50 **New York Undercover**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Car Pound Cops**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Officers chase down two separate runaways using wildly different tactics. **6.00** Officers go in pursuit of a drunk driver. **7.00** Dan and Tom have their hands full with a driver who is four times over the limit. **8.00** A dog handler and the firearms team get into a tense stand-off.
9.00 **Police: Suspect No 1**
10.00 **Making a Serial Killer** New edition The story of Richard Beasley, the 'Craigslist Killer'.
11.00 **Murdered for Revenge**
12.00 M'T **Dexter** (S1)
2.15 AM **GPs: Behind Closed Doors** Medical series.
3.00 **Casualty 24/7: Every Second Counts**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.30 **Trucking Hell**
1.30 PM **Trucking Hell**
2.35 **FILM Sierra** Western starring Wanda Hendrix and Audie Murphy. (1950, PG, 83min) ★★
4.15 **FILM Shenandoah** Western starring James Stewart, Doug McClure and Glenn Corbett. (1965, PG, 101min) ★★★★
6.30 **FILM Rio Lobo** Howard Hawks' Civil War Western adventure starring John Wayne. (1970, PG, 110min) ★★★
9.00 **FILM Joe Kidd** Western starring Clint Eastwood and Robert Duvall. (1973, 15, 88min) ★★★
10.50 **FILM On Deadly Ground** Action thriller starring Steven Seagal and Michael Caine. (1994, 15, 102min) ★
1.00 AM **Trucking Heavy**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.35 AM **Tipping Point**
11.30 **My Family**
3.15 PM **Outnumbered**
7.00 **Inside the Operating Theatre** A four-year-old has an operation to fix squints in both eyes. **8.00** A woman has an operation to repair the hernia she suffered while giving birth.
9.00 **Nurses on the Ward** Paediatric nurse Mahbuba is called to an emergency with a toddler. **10.00** Cardiac nurse Rebecca cares for a man whose organs are failing.
11.00 **The Good Fight** *Not so Grand Jury:* 7/10. Colin finds himself in an awkward position. **12.00** M'T *Reddick v Boseman:* Founding partner Carl Reddick returns to the firm. (S1)
1.00 **to 3.00** AM **Property Brothers: Forever Homes**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **The Bill**
12.00 NOON **Lark Rise to Candleford** Double bill.
2.40 PM **Catherine Cookson's The Dwelling Place**
6.00 **Home Fires** 3/6. Claire plucks up the courage to ask Spencer out. **7.00** 4/6. Steph hides a secret that threatens the farm's future. (S1)
8.00 **Sister Boniface Mysteries** *Queen of the Kitchen:* 8/10. Sister Boniface investigates when a bakery show contestant is poisoned by her own cake. (S1)
9.00 **Silent Witness** *Two Spirits:* Nikki and the Lyell unit investigate an attack against a transgender man.
11.15 **Rebus** *Dead Souls:* An old flame asks the detective for help.
1.20 AM **Rebellion**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Really

142 128 17 145

6.00 AM **Celebrity Fantasy Homes** With Mica Paris.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **Dr Pimple Popper**
11.00 **The Bad Skin Clinic**
1.00 PM **Helicopter ER**
3.00 **A Place in the Sun**
8.00 **Dr Pimple Popper** Eric hopes Dr Lee can remove the giant growth from his backside. **9.00** Robert's large growth on his backside is causing him discomfort. **10.00** Covered in bumps, Keke is worried about being intimate with her husband. **11.00** Monica returns in the hope that Dr Lee can remove more of her face growths.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Celebrity Fantasy Homes**

Challenge

145 139 48 142

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 NOON **Dickinson's Real Deal** From Poole.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole**
4.00 **Cash Trapped** Quiz hosted by Bradley Walsh.
5.00 **The Chase Celebrity Special** Dan Lobb, Jodie Prenger, Chris Packham and Jennie McAlpine compete for charity. **6.00** With Suzi Perry, Matthew Wright, Ian 'H' Watkins and Crissy Rock.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Kane family from Hamilton take part.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.00 AM **Wild West Chronicles**
8.30 **Wanted: Dead or Alive**
9.00 **The Panzer**
10.00 FILM **Cromwell** Drama. (1970, PG, 141 min) ★★★
1.00 PM **Wanted: Dead or Alive** 27/36. (S1)
1.30 FILM **Bite the Bullet** Adventure. (1975, PG, 131 min) ★★★★
4.20 FILM **Dakota** Western. (1945, b/w, PG) ★★
6.15 FILM **The Man Who Shot Liberty Valance** Western. (1962, b/w, U, 122min) ★★★★★
9.00 FILM **General Commander** Thriller. (2019, 18, 85min) ★★
10.55 FILM **The Ballad of Lefty Brown** Western. (2017, 15, 111 min) ★★★
1.15 AM FILM **Shockwave: Countdown to Disaster** Thriller. (2017, 15) ★★
3.10 **to 5.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Jane Doe: How to Fire Your Boss** Mystery. (2007, PG) ★★
10.50 FILM **A Dangerous Date** Thriller. (2018, 12) ★★
12.35 PM FILM **A Housekeeper's Revenge** Thriller. (2016, PG) ★★
2.30 FILM **Renegades** Action adventure. (2017, 15, 106min) ★★
4.45 FILM **G.I. Joe: Retaliation** Adventure. (2013, 12, 110min) ★★★
7.00 FILM **R.I.P.D** Action comedy fantasy. (2013, 12, 96min) ★★★
9.00 FILM **Knowing** Mystery. (2009, 15) ★★★★
11.30 FILM **The Trust** Thriller. (2016, 15, 90min) ★★★
1.30 AM FILM **An Emma Fielding Mystery: More Bitter Than Death** Drama. (2019, PG) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **Two Wrongs** (2015, PG) ★★
+1 hour 322

GREAT! romance

319 424 52

8.10 AM FILM **Sweet As Maple Syrup** Comedy. (2021, PG, 90min) ★★
10.05 FILM **The Irresistible Blueberry Farm** Drama. (2016, PG, 85min) ★★
12.00 NOON FILM **Wedding Cake Dreams** Drama. (2021, U, 85min) ★★
2.00 PM FILM **Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
4.00 FILM **Love Blossoms** Romantic drama. (2017, PG, 80min) ★★
6.00 FILM **Pearl in Paradise** Romantic comedy. (2018, PG, 90min) ★★
8.00 FILM **Love in Translation** Drama. (2023, U) ★★
10.00 FILM **Make Me a Match** Romantic drama. (2023, U, 85min) ★★
11.55 FILM **Listen Out for Love** (2022, PG) ★★
2.05 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **I Do, I Do, I Do** (2015, PG) ★★
+1 hour 320 63

Rewind TV

182 95

6.00 AM **Flash Gordon: Space Soldiers**
7.40 **Auto Rewind**
7.55 **Roobarb**
8.00 **I Dream of Jeannie** (S1)
9.30 **Watching** (S4&5)
12.00 NOON **Department S**
3.00 PM **Married... with Children** (S1)
4.30 **Bust** 3/6. (S1)
5.30 **I Dream of Jeannie** (S1)
7.00 **The Charmer** *Gorse, the Deceiver:* 3/6. Stimpson discovers Gorse's whereabouts. **8.00** *Gorse in the Middle:* 4/6. Gorse drinks heavily to allay the tedium of life. (S1)
9.00 **Police Woman** *No Place to Hide:* 17/22. Pepper must solve three murders. (S1)
10.00 **Department S** (S2)
1.00 AM **Stereo Underground**
2.00 **Bubblegum & Cheese**
3.00 **The Charmer** (S1)
5.00 **to 6.00** AM **Hancock**

DMAX

159 169 39 147

6.00 AM **Alaskan Bush People** Four editions.
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
6.00 **Australian Open Highlights** Action from the men's singles final.
7.00 **Expedition Bigfoot** The team investigate a strange tree structure. **8.00** The team explore a cave that could be Bigfoot's underground lair, which could prove to be their most important discovery yet.
9.00 **UFO Witness** Ben and Melissa explore a recent trend that has them concerned. **10.00** How a secret UFO hot spot may be influencing strange happenings in Missouri.
11.00 **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1 hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Man v Food**
11.00 **James Martin Digs Deep** Six editions.
2.00 PM **James Martin's Islands to Highlands**
3.00 **The Great British Bake Off** Four editions.
9.00 **Adam Richman Eats Football** Adam dives into Tottenham's football food culture.
9.30 **Adam Richman Eats Britain** Adam samples a hot pot and tries black pudding in Lancashire.
10.00 **Paul Hollywood: City Bakes** The baker heads to the Icelandic capital city, of Reykjavik. **11.00** Paul visits San Francisco, home to one of America's most iconic bakes, the sourdough. **12.00** M'T Paul explores an area previously unknown to him, Norwegian baking.
1.00 **to 3.00** AM **Cake Boss**
+1 hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 FILM **It Came from Outer Space 2** Sci-fi adventure remake. (1996, PG, 84min) ★★
10.00 **Six Million Dollar Man**
3.00 PM FILM **The Land That Time Forgot** Thriller. (2009, 12, 90min) ★★
4.50 FILM **George and the Dragon** Fantasy. (2004, PG, 93min) ★★★
6.40 FILM **Prince Valiant** Arthurian adventure. (1997, PG, 91 min) ★★
8.30 **The Twilight Zone** (S3)
9.00 FILM **Under Suspicion** Crime thriller starring Gene Hackman. (2000, 15, 111 min) ★★
11.10 FILM **Cross the Line** Thriller with Luke Goss. (2015, 15, 87min) ★★
12.55 AM FILM **Southern Fury** Crime thriller. (2017, 18, 97min) ★★
2.50 **to 4.45** AM FILM **Jack's Back** Crime thriller. (1988, 18, 93min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
8.00 FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
10.00 FILM **Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
12.00 NOON FILM **Moby Dick** Action adventure. (2010, 12, 87min) ★★
2.00 PM FILM **The Mummy** Hammer horror starring Peter Cushing. (1959, PG, 88min) ★★★
4.00 **Star Trek** 13-17/30. (S1)
9.00 FILM **Horror Express** Horror chiller starring Christopher Lee. (1972, 15, 88min) ★★★
10.50 FILM **The House That Dripped Blood** Horror. (1970, 12, 101 min) ★★★
1.00 **to 3.00** AM FILM **Bad Lieutenant** Drama. (1992, 18) ★★★★
+1 hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Hardcore Pawn**
8.00 **Auction Hunters: Pawn Shop Edition**
10.00 **Alien Files: Unsealed**
11.00 **In Search of Aliens**
12.00 NOON **UFOs: The Lost Evidence**
1.00 PM **Cities of the Underworld** Six editions.
7.00 **Secrets of Great British Castles**
8.00 **The Curse of Oak Island**
9.00 **Secrets of the Lost Liners** The sinking of the MTS *Oceanos*.
10.00 **Medieval Dead** Experts uncover secrets from the Battle of Waterloo.
11.00 **Traitors** A look into the activities of double agent George Blake.
12.05 AM **History's Greatest Mysteries** The discovery of a man's body on a beach in Adelaide.
1.05 **Breaking Mysterious**
2.00 **The Liquidator**
3.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 138 46 133

9.00 AM **Eggheads**
9.25 **Fresh vs Frozen: Which Is Better?**
10.25 **Loyalty Cards: Are They Worth It?**
11.25 **Columbo** Five episodes of the drama, including at: **6.20** PM *Murder Under Glass:* The crumpled detective investigates a renowned food critic who is suspected of killing a restaurateur.
8.00 **Alcatraz: What Lies Beneath?** Documentary using visual effects to 'drain' the waters around Alcatraz island, revealing the secrets of San Francisco Bay.
9.00 **Draining the Bermuda Triangle** Exploring the mysterious area of ocean.
10.00 **The Vanishing of Flight MH370: 10 Years On** The disappearance of the Malaysia Airlines flight from March 2014
11.50 **Great British Ships**
3.35 **to 4.00** AM **Eggheads**

HGTV

158 191 44 149

7.00 AM **My Lottery Dream Home** Six editions.
10.00 **Escape to the Country**
1.00 PM **Escape to the Country** A couple search for a home on the Isle of Wight. **2.00** A newlywed couple hope to find a property in Hertfordshire. **3.00** A couple search for a home with holiday let potential in Cornwall. **4.00** A composer looks for a home in Shropshire. **5.00** A couple look for a home in Oxfordshire. **6.00** A couple seek a rural retreat in Somerset.
7.00 **A Place in the Sun** Reality TV star Louie Spence and husband Leto seek a holiday home in Almeria, Spain.
8.00 **A Place in the Sun** Five further editions.
1.00 **to 4.00** AM **Bargain Mansions**
+1 hour 258/262 391

TLC

133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress: UK** Double bill.
9.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **1000-lb Sisters**
6.00 **Sister Wives**
7.00 **Good Bones** Mina and Karen give a full facelift to a rundown Victorian-style home.
8.00 **The Bad Skin Clinic**
9.00 **Dr Pimple Popper**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Dr Pimple Popper**
3.00 **Sex Sent Me to the ER**
4.00 **Curvy Brides Boutique**
5.00 **to 6.00** AM **1000-lb Sisters**
+1 hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Whose Line Is It Anyway? USA**
8.35 **Friends** (S9)
1.10 PM **Friends** (S9&10)
6.50 FILM **Evolution** Sci-fi comedy starring David Duchovny. A meteor lands in the Arizona desert, bringing with it a simple alien life form that begins to evolve at an astonishing rate. (2001, PG, 101 min) ★★★★
9.00 FILM **Definitely, Maybe** Romantic comedy starring Ryan Reynolds, Isla Fisher, Rachel Weisz and Elizabeth Banks. A divorcing father tells his daughter the story of his three great loves. (2007, 12, 107min) ★★★
11.10 **Impractical Jokers**
12.10 AM **Mike Judge's Beavis and Butt-Head**
2.30 **Whose Line Is It Anyway? USA**
4.15 **to 5.00** AM **Guessable?**
+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Criminally Funny**
5.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 7/24. Phoebe fails to impress her boyfriend's parents. **7.30** 9/24. Rachel gives a handsome restaurant patron her number. **8.00** 17/24. A joke entry on Ross's college website backfires on Chandler. **8.30** 18/24. Everyone except Ross decides to play the lottery. **9.00** 19/24. Rachel joins Joey on the set of his soap opera. **9.30** 20/24. Joey plans to throw a party. (S9)
10.00 **Friends** (S9&10)
1.50 AM **Last Man Standing**
2.50 **The Daily Show**
4.45 **Beavis and Butt-Head**
4.55 **Mike Judge's Beavis and Butt-Head** (S2)
5.15 **to 6.00** AM **Digman!**

Sky Replay

152 156

7.00 AM **The Real A&E**
10.00 **Four Weddings**
12.00 NOON **Nothing to Declare** Four editions.
2.00 PM **MacGyver** (S2)
7.00 **Coroner** *Blast to the Past:* 11/12. Jenny and Donovan look for Peggy. **8.00** *Death Goes On:* 12/12. Jenny and Peggy face each other in a scramble for life. (S4)
9.00 **Manifest** *Tailfin:* 1/13. Ben and Vance go on an international mission as they seek to solve the mystery of Flight 828. **10.00** *Deadhead:* 2/13. Ben requests the help of an old rival for an important task. **11.00** *Wingman:* 3/13. Michaela receives some devastating news. (S3)
12.00 M'T **A League of Their Own** Triple bill.
3.00 AM **Four Weddings**
5.00 **to 6.00** AM **Celebrity Four Weddings**

MTV

126/127 824 134

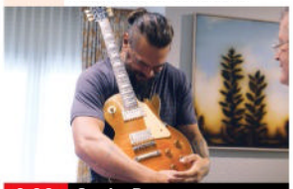
6.00 AM **Daria** 5/14. (S5)
6.25 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Catfish: Firsts**
7.00 **Catfish: The TV Show**
8.00 **Catfish: Firsts** Participants answer questions from fans.
9.00 **Help! I'm in a Secret Relationship!** Kylee is confused about why her girlfriend Tonee could be hiding her.
10.00 **Geordie Shore** Tensions rise between Kyle, James, Jay and Ricci.
11.00 **Jersey Shore Family Vacation** Reality series.
12.00 M'T **The Challenge: Battle of the Eras**
1.15 AM **Ridiculousness**
1.55 **Catfish: Catch of the Day** Double bill.
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers World Tour** Six editions.
12.00 NOON **Alaska: Homestead Rescue** The Raneys come to the aid of a family in Tennessee's Smoky Mountains whose homestead is failing. **2.00** PM The Raneys enter the shadow of Mount Denali. **4.00** A rift threatens an extended family on their overcrowded Texas homestead.
6.00 **Scrap Kings** In Yorkshire, efforts to demolish a famous flour mill are frustrated by freak weather conditions.



9.00 On the Roam

7.00 **Alaska: Homestead Rescue** Marty faces his most daunting challenge ever in the rescue of a Tennessee homestead. He calls on past homesteaders and a renovation team to help.

9.00 **On the Roam** New edition Jason Momoa is on a quest to locate a 1960 Les Paul and a 1936 Knucklehead.

10.00 **Custom Carolina** The crew pay homage to a 1970s Safari Rally winner with a modern take on an era-specific ride.

11.00 **Texas Metal** A beloved 1964 Rolls-Royce rolls into the shop.
12.00 M'T **Naked and Afraid: Castaways** Nine veterans are marooned on an island.
1.00 AM **Naked and Afraid: Castaways** Triple bill.
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** With JB Holmes.
9.00 **How Do Animals Do That?**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A Tuscan pool.
1.00 PM **Crikey! It's the Irwins**
2.00 **Wild Dubai** Documentary.
3.00 **Growing Up: Clouded Leopard** A pair of clouded leopard cubs born in captivity.
4.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** Lucas creates a dream backyard with large waterfalls.

10.00 The Last Alaskans

7.00 **Crikey! It's the Irwins** The zoo welcome two baby echidnas, but health issues become a threat for one puggle's survival.

8.00 **Crikey! It's the Irwins** Bindi welcomes the arrival of tiny poison dart frogs to their new home at the zoo.

9.00 **Crikey! It's the Irwins** Robert is forced to race to safety when a croc called Casper attacks during a feed.

10.00 **The Last Alaskans** The families each hunt for the one animal large enough to feed them through the heart of winter.

11.00 **Swimming with Monsters with Steve Backshall** The naturalist travels to Brazil to swim with anacondas.
12.00 M'T **Rugged Justice**
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Ice Road Rescue**
12.00 NOON **Air Crash Investigation** Double bill.
2.00 PM **Hitler's Last Stand**
3.00 **World War II: The Apocalypse** Footage of D-Day in Normandy. **4.00** Footage of the final stages of World War Two.
5.00 **Hitler Youth** 1/2. The story of the Nazi youth organisation. **6.00** 2/2. A look at the expansion of the organisation in the build-up to war.

8.00 Mysterious Islands

7.00 **Lost Treasures of Angkor: Ancient Laos Revealed** Series finale 2/2. Archaeologists find gold and human remains.

8.00 NEW SERIES **Mysterious Islands** Documentary series exploring the history behind isolated islands.

9.00 **Drain Alcatraz** Cutting-edge visuals drain the water around Alcatraz to reveal why the prison was so inescapable.

10.00 **Australia's Hardest Prison** Documentary exploring Casuarina maximum security institution in Australia.

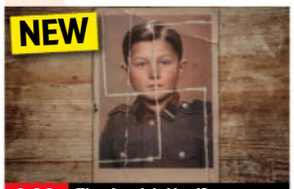
11.00 **UFOs: Investigating the Unknown** Documentary.
12.00 M'T **The Truth Behind**
1.00 AM **Air Crash Investigation**
2.00 **Bid & Destroy**
2.55 **Food Factory**
3.45 **Abandoned** Double bill.
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Salvage Kings**
7.00 **Pawn Stars** Triple bill.
10.00 **Storage Wars** Eight editions.
2.00 PM **Secrets in the Ice** An expedition on Europe's tallest mountain unearths a decapitated human body. **3.00** Human remains found on New Zealand's Mount Cook. **4.00** An island boasting giant whale bones and skulls. **5.00** An unusual man-made rock formation in the remote Altai Mountains of Russia. **6.00** A grisly site on the Swedish island of Oland.



9.00 The Jewish Nazi?

7.00 **Medieval Murder Mysteries** The death of Edward II, whose forced abdication preceded his mysterious demise..

8.00 **Medieval Murder Mysteries** Focusing on the suspicious death of Elizabethan noblewoman Amy Dudley in 1560.

9.00 NEW **The Jewish Nazi?** A look into the story of Alex Kurzem, a young Jewish boy who survived the massacre of his Belarusian shtetl during World War Two, only to be taken in by the Nazi SS.

11.00 **The Lost Women Spies**
12.10 AM **Secrets in the Ice**
1.05 **Storage Wars** Double bill.
2.05 NEW **The Tattooist's Son: Journey to Auschwitz** Gary Sokolov visits the wartime camp through the infamous Arbeit Macht Frei gatehouse.
3.45 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Abandoned Engineering**
8.00 **Rise of the Nazis: Dictators at War** Triple bill of editions.
11.00 **Speed with Guy Martin**
3.00 PM **Speed with Guy Martin: F1 Special** Guy goes head to head with racing legend David Coulthard in the ultimate test of bike against car.
4.00 **Canal Boat Diaries** Five editions, including at: **5.30** Robbie Cumming breaks down in Nottingham. **6.00** Robbie journeys from Braunston to Lapworth.

4.00 Canal Boat Diaries

7.00 **Find It, Fix It, Flog It** Henry chooses a vintage ice-cream van while Simon spots a grandfather clock with no clock.

8.00 **One Foot in the Grave** Margaret considers embarking on an affair. **8.40** A frustrated Victor is told to stay at home while waiting to be called for jury service. **9.20** Mrs Warboys is convinced that her husband is having an affair.

10.00 **Bangers & Cash** Dave is off to London where a couple of very special Fords are hidden away in a garage.

11.00 **Canal Boat Diaries** Robbie Cumming concludes his trip across the north of England. **11.30** Robbie explores the waterways of the north of England and the Midlands.
12.00 M'T **Canal Boat Diaries**
2.00 **to 3.00** AM **Tony Robinson's Marvellous Machines**

+1 hour 255 329

Sunday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Combat Dealers**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **The Travelling Auctioneers** Double bill.
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Yorkshire Auction House** Angus visits Laurence Llewelyn-Bowen's mansion.
8.00 **The Repair Shop** Items include a portable Jamaican pump organ. **9.00** The team restore a trusty yet rusty tricycle.
10.00 **Richard Hammond's Workshop** Disagreements almost lead to the loss of a job.
11.00 **Wheeler Dealers**
12.00 M'T **Salvage Hunters: The Restorers**
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
12.00 NOON **FBI Files**
3.00 PM **Reasonable Doubt**
7.00 **Reasonable Doubt** The case of Ryan Widmer. **8.00** The conviction of Virginia Wells.
9.00 **Disappeared in the Darkness: An ID Mystery** The story of Heather Elvis.
11.00 **Faking It: Tears of a Crime** How Russell Williams led a shocking double life as a killer. **12.00** M'T A women dies in a boat accident. **1.00** AM Convicted murderer John Canaan is the prime suspect in a disappearance.
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **Facing Evil**
7.00 **Murder She Solved** A woman vanishes on her way to the airport. **8.00** A pub becomes a murder scene.
9.00 **Donal MacIntyre's Killer Evidence** A man who killed his parents is caught by new forensic technology. **10.00** Police investigate the disappearance of a father of six.
11.00 **Real Detective: North of the Border** Detective Dave Sweet struggles to investigate a loner's murder. **12.00** M'T Greg Brown turns to the community when a girl goes missing.
1.00 AM **Homicide with Ron Iddles** Double bill.
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives** Triple bill.
12.00 NOON **The Real Prime Suspect** Double bill.
2.00 PM **Medical Detectives** Handwriting experts help with a murder case. **2.30** A professor helps detectives with a case. **3.00** A series of robberies in Florida leads to murder. **3.30** Dated forensic techniques are scrutinised by detectives. **4.00** Police link two cases of alleged murder. **4.30** A nurse learns that she is HIV positive.
5.00 **Donal MacIntyre: Unsolved** Exploring the case of Alan Wood.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Psychic Private Eyes**
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers** Andrew Dawson.
12.00 NOON **Killer in My Village** True-crime.
1.00 PM **Ireland's Most Evil Killers** Catherine Nevin.
2.00 **Love You to Death**
3.00 **Forensics: Catching the Killer** Documentary.
4.00 **The Killer Within**
5.00 **Murdered at First Sight**
5.55 **Killer in My Village**
6.50 **Face to Face with Scott Peterson** Double bill. **9.00** Series finale 3/3.
10.10 **World's Most Evil Killers**
11.05 **The Real Manhunter**
12.00 M'T **Killer Siblings**
1.00 AM **Killer in My Village**
3.00 **The Force: North East**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Motorbike Cops**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Ancient Egypt: Life and Death in the Valley of the Kings**
10.40 **Verdun: The Battle of the Great War**
11.50 **Forts of Verdun**
1.00 PM **Immortal Egypt with Joann Fletcher**
6.00 **Ancient Egypt: Life and Death in the Valley of the Kings** The lives of Egyptian citizens 3,500 years ago. **7.15** Investigating the Ancient Egyptian attitude towards death.
8.35 **Jimmy Carter** Examining the rise to power of the 39th US President, who died last month at the age of 100.
10.55 **Verdun: The Battle of the Great War** An in-depth look at what became the bloodiest battle of World War One.
12.00 M'T **Forts of Verdun**
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Sean Connery**
7.00 **Discovering: Robin Williams**
8.00 **The Directors**
9.00 **Hawking: Can You Hear Me?**
10.50 **Jason Isbell: Running With Our Eyes Closed**
12.40 PM **FILM The Armstrong Lie** Documentary about Lance Armstrong's fall from grace. (2013, 15, 124min) ★★★★
3.00 **Assassins** Documentary.
5.00 **Lancaster** The story of the legendary bomber synonymous with the Dambusters.
7.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
9.00 **An American Bombing: The Road to April 19th** A look at the surge in homegrown political violence through the story of the 1995 Oklahoma City bombing.
11.00 **Hijacked: Flight 73** The story of the hijacking of Pan Am Flight 73 in Karachi in 1986.
1.00 AM **The Forever Prisoner**
3.10 **QPR: The Four Year Plan**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Strange Creatures**
8.00 **The Hungry Games: Alaska Big Bear Challenge**
11.00 **The Invisible River: Under Water Between the Black Forest and the Vosges**
12.00 NOON **Boss Shark**
1.00 PM **David Attenborough's First Life** Double bill.
3.30 **Micro Monsters with David Attenborough** Documentary.
4.00 **Africa's Wild Roommates: How Animals Share Bed and Board** Documentary.
5.00 **Nature's Dress Code: Who Wears What and Why?**
6.00 **Wildlife ER** Documentary.
7.00 **NEW SERIES Planet Weird** The world's most incredible wild creatures, revealing their strange behaviours and peculiar survival techniques.
8.00 **Nature's Fast Attacks** A look at nature's fastest predators. **9.00** Lightning-fast attacks.
10.00 **Wild Canary Islands**
11.00 **Planet Weird** Documentary.
12.00 M'T **Colombia's Wild Coast**
2.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
11.00 **Hitler's Mega Plane**
12.00 NOON **What on Earth?**
3.00 PM **Ancient Aliens**
5.00 **Behind History**
6.00 **Hitler v Churchill: The Eagle and the Lion**
7.00 **Ancient Aliens** How ancient aliens may have helped to guide and define mankind.
8.00 **Ghost Ships** Salvage diver Tony Sampson and his team dive in search of SS *Clare Lilley*.
9.00 **Medieval Murder Mysteries** The death of Juan Borgia.
10.00 **Hitler's Handmaidens** The many lovers of Adolf Hitler.
11.00 **Ancient Aliens** Tales of beings with super-human powers. **12.00** M'T Nikola Tesla's claims of contact with extraterrestrials. **1.00** AM As shown at 7.00pm.
2.00 **Hitler v Churchill: The Eagle and the Lion**
3.00 **The Plague** Documentary.
5.00 **to 6.00** AM **The Story of the Spitfire**

Crime+Investigation

156 837 133

6.00 AM **Nightmare in Suburbia**
8.00 **Accident, Suicide or Murder?**
1.00 PM **Rob Rinder's Interrogation Secrets**
5.00 **Secrets of the Morgue**
6.00 **I Met My Murderer Online**
7.00 **Green Eyed Killers** The murder of Tomas De La Riva.
8.00 **Prison Brides** Documentary.
9.00 **Cold Case Files** A look into how investigators caught Lonnie David Franklin Jr.
10.00 **Very Scary People** Ontario authorities hunt for the person responsible for a crime spree.
11.00 **The Killer Interview with Piers Morgan** Christopher Porco.
12.00 M'T **Who Murdered You, Mum?** Double bill of editions.
2.00 AM **NEW SERIES Natural Born Killer** 1/2. How police stopped Vincent Stafford, a janitor who was on his way to becoming Australia's worst serial killer.
3.00 **Secrets of the Morgue**
4.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Antarctica** Triple bill.
11.00 **World's Greatest Train Journeys from Above**
1.00 PM **Bite, Sting, Kill**
2.00 **Kingdom of the White Wolf**
3.00 **Dutch Caribbean Coastguards**
5.00 **Secrets of the Zoo** A rhino's ultrasound reveals information the staff have been waiting for. **6.00** It's a trip to the dentist for a cougar with mouth problems.
7.00 **Heartland Docs** The clinic is buzzing as the vets treat a variety of patients, including a lizard, a sick calf and a dog with an enormous tumour.
8.00 **Jaguar vs Crocs** Rare footage of a fatal clash between a jaguar and a caiman crocodile.
9.00 **Big Cat Odyssey** Exploring the power, nobility and adaptability of large cats.
10.00 **Alaska's Deadliest: Predator Prowl** Documentary looking at Alaska's deadliest predators.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Lost Mines: Restored**
12.00 NOON **Combat Dealers**
3.00 PM **Rob Riggle: Global Investigator** Triple bill.
6.00 **Codes and Conspiracies** Questions surrounding the US's prior knowledge of the Pearl Harbor attack. **7.00** The role code-breakers have played in giving America an edge in armed conflicts. **8.00** Exploring the history of espionage during warfare.
9.00 **Alien Highway** Chuck receives a map supposedly leading him to recovered materials from the Roswell incident. **10.00** The team investigate an unusual sighting in Utah. **11.00** Chuck and the team examine the link between UFOs, the military and the ocean.
12.00 M'T **Alien Endgame** Former members of the US military break their silence about a massive UFO cover-up.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **The Architecture the Railways Built** Five editions.
1.00 PM **The Architecture the Railways Built** Four editions.
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the general knowledge quiz show.
9.00 **Mistresses** 2/6. Siobhan fears her secret liaisons are about to be exposed when a new client turns out to be one of her night-time conquests. Meanwhile, Trudi grows suspicious of Richard's spending habits, and Katie is confused in matters of the heart. (S2)
10.20 **The Bill** *Missing, Presumed Dead:* 4/12. A shooting occurs in Sun Hill, but nobody appears to have witnessed anything. **11.20** *Domestics:* 5/12. PC Smith gives advice to a husband whose wife has relocated to a women's refuge. (S3)
12.20 AM **Pointless** Double bill.
2.20 **Mistresses** As 9.00pm.
3.30 **to 6.00** AM **The Architecture the Railways Built**

+1 hour 266 376

ID

154 166

8.00 AM **Atlanta Justice**
10.00 **The Killer in My Family**
12.00 NOON **Homicide City: Charlotte** Double bill.
2.00 PM **Murder Chose Me**
4.00 **Til Death Do Us Part**
6.00 **Deadline: Crime with Tamron Hall** Investigating a case in which a man disappeared on a job at a paper mill. **7.00** A wave of late-night sexual assaults in Phoenix.
8.00 **Evil Online** An online terror campaign against his son ensued, leading police to wonder who wants to hurt them.
9.00 **Lethally Blonde** An investigation leads to the downfall of an adult film star.
10.00 **High Speed Chase** A chase through a town ends with a shock for pursuing deputies.
11.00 **Unbreakable: Live to Tell** The case of Gina Edwards.
12.00 M'T **True Nightmares**
2.00 AM **Evil Online** Double bill.
4.00 **to 6.00** AM **Calls from the Inside**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Roadworthy Rescues**
5.00 PM **Head 2 Head**
7.00 **Wheeler Dealers** Mike and Elvis snap up a Mitsubishi Shogun. **8.00** A 1979 Jeep CJ-7 Renegade rolls into the workshop, but it is rusted out. **9.00** Mike gets his hands dirty working on a Ford Bronco for the biggest collector car auction in the world, Barrett Jackson. **10.00** Mike and Ant enter the market for American SUVs with a 1988 Jeep Grand Wagoneer. **11.00** Mike and Edd face a challenging restoration in the form of a 1970 Ford Bronco. **12.00** M'T Mike travels to America in search of a Willys Jeep, but the vehicle he finds needs major repairs.
1.00 AM **Last Outpost**
2.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.30 AM **Timestalker** As 4.05pm.
8.10 **The Killer** As 8.00pm.
10.25 **PREMIERE The Last Stop in Yuma County** As 10.15pm.
12.05 PM **Slingshot** As 11.55pm.
2.05 **Bad Boys: Ride or Die** Action comedy sequel with Will Smith. (2024, 15, 115min) ★★★
4.05 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
5.45 **The Fall Guy** Action comedy starring Ryan Gosling. (2023, 12, 126min) ★★★★

10.15 The Last Stop in Yuma...

8.00 **The Killer** Action thriller starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. With Diana Silvers, Sam Worthington and Eric Cantona. (2024, 15, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **PREMIERE The Last Stop in Yuma County** Thriller starring Jim Cummings. While stuck at an Arizona rest stop, a salesman is thrust into a hostage situation by the arrival of two bank robbers. (2024, 15, 100min) ★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
2.05 AM **Get Away** Horror comedy. (2024, 15, 86min) ★★★★
3.45 **to 6.00** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

Sky Cinema Hits

303 403 503 517

7.00 AM **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★
9.05 **One Life** Wartime drama. (2023, 12, 105min) ★★★★
11.05 **The King's Speech** Drama with Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
1.15 PM **Wonder Woman** (2017)
3.50 **The Portable Door** (2023)
6.00 **IF** Fantasy starring Ryan Reynolds and Cailey Fleming. (2024, U, 104min) ★★★

8.00 Wonka

8.00 **Wonka** Fantasy adventure starring Timothée Chalamet. A young sweet-maker attempts to make his mark, despite the plans of three scheming entrepreneurs. With Olivia Colman and Hugh Grant. (2023, PG, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Portable Door** Fantasy adventure starring Patrick Gibson and Sophie Wilde. Two interns discover the true agenda of the corporation where they work. (2023, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121min) ★★★★
2.30 AM **Hulk** Fantasy starring Eric Bana and Jennifer Connelly. (2003, 12, 138min) ★★★
5.00 **Sky Cinema Preview**
5.45 **to 6.00** AM **The Cinema List: Musicals**

Sky Cinema Drama

310 410 510 524

6.50 AM **When Tomorrow Comes**
8.35 **It Is in Us All** As 5.00am.
10.10 **Wimbledon** Romantic sports comedy. (2004, 12, 98min) ★★★
11.50 **Big George Foreman** Biopic. (2023, 12, 129min) ★★★
2.05 PM **Ben-Hur** Epic drama starring Charlton Heston. (1959, PG, 212min) ★★★★★
5.50 **Frost/Nixon** Fact-based drama. (2008, 15, 122min) ★★★★

8.00 **Forrest Gump** Whimsical fable starring Tom Hanks as an Alabama-born man who leads a charmed existence over four turbulent decades of US history. (1994, 12, 136min) ★★★★
10.25 **Lost in Translation** Sofia Coppola's bittersweet romantic comedy drama starring Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★

12.20 AM **Out of Africa** Oscar-winning romantic drama. (1985, PG, 162min) ★★★★
3.15 **When Tomorrow Comes** Drama. (1939, U, 105min) ★★★★
5.00 **to 6.40** AM **It Is in Us All** Drama starring Cosmo Jarvis. (2022, 15, 92min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.20 AM **Resident Evil** As 2.10am.
9.10 **Ghostbusters** Fantasy comedy. (2016, 12, 113min) ★★★
11.20 **Star Trek IV: The Voyage Home** Sci-fi adventure sequel. (1986, PG, 119min) ★★★★
1.30 PM **The Core** Sci-fi action thriller. (2002, 12, 135min) ★★★
3.55 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★

6.00 **Star Trek V: The Final Frontier** Sci-fi fantasy adventure sequel. (1989, PG, 100min) ★★
8.00 **Ready Player One** Fantasy adventure starring Tye Sheridan. (2018, 12, 140min) ★★★★
10.35 **The Adjustment Bureau** Thriller with Matt Damon. A New York politician discovers a shadowy organisation pulling the world's levers after falling for a dancer. (2011, 12, 105min) ★★★★
12.30 AM **Thir13en Ghosts** Horror chiller. (2001, 15, 91min) ★★★

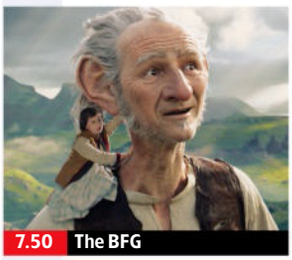
2.10 **Resident Evil** Sci-fi horror. (2002, 15, 100min) ★★★
4.00 **Out of Darkness** Horror thriller starring Iola Evans. (2022, 15, 88min) ★★★
5.40 **to 7.35** AM **Vampire in Brooklyn** Horror comedy. (1995, 15, 101min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.00 AM **Little Vampire** As 2.20am.
8.30 **Ghost Squad** As 3.55am.
10.05 **The Spiderwick Chronicles** Children's fantasy adventure. (2008, PG, 91 min) ★★★★
11.55 **Blue Beetle** As 10.00pm.
2.10 PM **Johnny English Reborn** Espionage comedy sequel. (2011, PG, 101 min) ★★★
4.00 **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★
6.05 **NeverEnding Story** Fantasy. (1984, U, 94min) ★★★



7.50 The BFG

7.50 **The BFG** Steven Spielberg's fantasy adventure based on Roald Dahl's book, starring Mark Rylance. An orphaned girl befriends a benevolent giant, who takes her off to a magical land. (2016, PG, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Blue Beetle** Fantasy starring Xolo Maridueña. An ancient relic of alien biotechnology chooses a college graduate as its symbiotic host. (2023, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Batteries Not Included** Fantasy starring Hume Cronyn. (1987, PG, 105min) ★★★★
2.00 **The Cinema List: Family Movie Night**
2.20 **Little Vampire** Animation. (2020, PG, 85min) ★★★
3.55 **Ghost Squad** Adventure. (2015, PG, 86min) ★★★
5.35 **to 7.05** AM **The Little Rascals** Comedy. (1994, U, 83min) ★★

Sky Cinema Stunts

307 407 507 521

6.05 AM **The Bricklayer** Action thriller. (2023, 15, 110min) ★★
8.05 **Hudson Hawk** As 4.40am.
9.50 **Pain & Gain** Dark comedy. (2013, 15, 124min) ★★★
12.10 PM **Blue Beetle** As 2.30am.
2.20 **Hancock** Fantasy comedy. (2008, 12, 92min) ★★★
4.00 **300** Historical adventure. (2006, 15, 116min) ★★★★
6.00 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★

8.00 Jack Reacher

8.00 **Jack Reacher** Action thriller starring Tom Cruise as bestselling author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. With Rosamund Pike. (2012, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Jack Reacher: Never Go Back** Action thriller sequel with Tom Cruise and Cobie Smulders. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Snow White and the Huntsman** Fantasy adventure starring Kristen Stewart. (2012, 12, 127min) ★★★
2.30 **Blue Beetle** Fantasy adventure starring Xolo Maridueña. (2023, 12, 127min) ★★★★
4.40 **to 6.30** AM **Hudson Hawk** Action comedy starring Bruce Willis. (1991, 15, 97min) ★★★

Sky Cinema Comedy

308 408 508 522

7.35 AM **The Holdovers** Comedy drama starring Paul Giamatti. (2023, 15, 133min) ★★★★★
9.55 **Shakespeare in Love** Comedy. (1998, 15, 122min) ★★★★
12.10 PM **It's Complicated** (2009)
2.15 **See No Evil, Hear No Evil**
4.05 **The Heartbreak Kid** Comedy remake. (2007, 15, 115min) ★
6.05 **National Lampoon's Animal House** Raucous campus comedy from John Landis. (1978, 15, 109min) ★★★★★

9.45 It's Complicated

8.00 **Two Weeks Notice** Romantic comedy with Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **It's Complicated** Romantic comedy starring Meryl Streep, Steve Martin and Alec Baldwin. A woman becomes her ex-husband's mistress but also finds herself attracted to an architect. (2009, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor. (1989, 15, 107min) ★★★
1.40 AM **The Blackening** Horror comedy starring Grace Byers. (2022, 15, 97min) ★★★★
3.25 **The Heartbreak Kid** (2007)
5.25 **to 7.20** AM **National Lampoon's Animal House**

Sky Cinema Crime

309 409 509 523

6.35 AM **The Independent** Drama. (2022, 12, 108min) ★★★
8.35 **Bad Boys: Ride or Die** (2024)
10.45 **Catch Me If You Can** (2002)
1.20 PM **Ocean's Eleven** Caper thriller with George Clooney. (2001, 12, 116min) ★★★★
3.30 **Bad Boys II** Comedy thriller sequel with Martin Lawrence. (2003, 15, 147min) ★★★
6.00 **Bad Boys: Ride or Die** Action thriller sequel with Will Smith. (2024, 15, 115min) ★★★

8.00 Catch Me If You Can

8.00 **Catch Me If You Can** Steven Spielberg's crime adventure based on a true story, starring Leonardo DiCaprio and Tom Hanks. In the 1960s, a runaway teenager enjoys a remarkable crime spree. With Christopher Walken and Martin Sheen. (2002, 12, 141 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Wolf of Wall Street** Director Martin Scorsese's fact-based drama starring Leonardo DiCaprio, Jonah Hill and Matthew McConaughey. A New York stockbroker lives a life of debauchery as he gets rich through illegal trading. (2013, 18, 176min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.30 AM **Bad Boys II** As 3.30pm.
4.00 **to 6.00** AM **The Good Neighbour** Thriller starring Jonathan Rhys Meyers. (2022, 15, 97min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Monsters vs Aliens** Animated monster movie. (2009, PG, 90min) ★★★
12.50 PM **Anastasia** Animation. (1997, U, 94min) ★★★
2.40 **The Art of Racing in the Rain** Comedy drama. (2019, PG, 110min) ★★★
4.50 **Annie** Musical remake. (2014, PG, 115min) ★★★
7.10 **Daddy's Home** Comedy. (2015, 12, 96min) ★★★

9.00 Terminator: Dark Fate

Daddy's Home (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Terminator: Dark Fate** Sci-fi thriller starring Arnold Schwarzenegger and Linda Hamilton. Sarah Connor must stop an advanced liquid Terminator from hunting down a young girl, whose fate is critical to the human race. (2019, 15, 123min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.35 **The Naked Gun 2½: The Smell of Fear** Police comedy sequel starring Leslie Nielsen as the world's least competent cop. With Priscilla Presley. (1991, 15, 81 min) ★★★
1.20 **to 3.35** AM **The Nile Hilton Incident** Crime drama starring Fares Fares, Mari Malek and Yasser Ali Maher. Subtitled. (2017, 15, 111 min) ★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

7.25 AM **Problem Child** As 5.25am.
8.55 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
10.30 **Johnny English** Comedy. (2002, PG, 88min) ★★★
12.05 PM **Johnny English Reborn** Espionage comedy sequel. (2011, PG, 101 min) ★★★
1.50 **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★
3.50 **Mamma Mia! Here We Go Again** Romantic musical sequel. (2018, PG, 114min) ★★★★
5.45 **Erin Brockovich** Legal drama. (2000, 15, 133min) ★★★★
8.00 **Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger. (2004, 15, 108min) ★★★
10.00 **Girls Trip** Comedy starring Regina Hall and Queen Latifah. (2017, 15, 122min) ★★
12.05 AM **The Big Lebowski** Comedy. (1998, 18, 117min) ★★★★★
2.05 **Hot Rod** Action comedy. (2007, 12, 84min) ★★★★
3.35 **Charming the Hearts of Men** Romantic drama starring Kelsey Grammer and Anna Friel. (2021, 12, 107min) ★★★
5.25 **to 6.55** AM **Problem Child** Comedy. (1990, PG, 81 min) ★

Sky Cinema Greats

304 404 504 518

6.20 AM **Ben-Hur** As 11.55pm.
10.00 **The Bridges at Toko-Ri** (1954)
11.45 **The Sugarland Express** Comedy drama starring Goldie Hawn. (1974, PG, 110min) ★★★
1.40 PM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
3.25 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
5.50 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
8.00 **Superman III** Fantasy adventure sequel starring Christopher Reeve and Richard Pryor. Superman battles against a megalomaniac tycoon who is using a bumbling computer genius to plan the crime of the century. With Robert Vaughn. (1983, PG, 123min) ★★★
10.10 **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve and Gene Hackman. (1987, PG, 90min) ★
11.55 **Ben-Hur** Spectacular multi-Oscar-winning epic starring Charlton Heston. (1959, PG, 212min) ★★★★★
3.45 AM **The Cinema List: Biopic**
4.05 **to 6.00** AM **The Bridges at Toko-Ri** Korean War drama. (1954, U, 99min) ★★★

Sky Cinema Animation

305 412 500 514

7.20 AM **Arthur Christmas** (2011)
9.05 **The Angry Birds Movie** (2016)
10.50 **The Angry Birds Movie 2**
12.35 PM **Hotel Transylvania 2** (2015)
2.20 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
4.00 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel with the voice of Bill Hader. (2013, U, 93min) ★★★
5.45 **Two by Two** Animated adventure with the voice of Tara Flynn. (2015, U, 85min) ★★
7.20 **The Angry Birds Movie** Animated comedy featuring the voice of Jason Sudeikis. (2016, U, 97min) ★★★
9.05 **The Angry Birds Movie 2** Animated comedy sequel with the voice of Peter Dinklage. (2019, U, 93min) ★★★
10.50 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
12.30 AM **Two by Two** As 5.45pm.
2.05 **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
3.45 **Arthur Christmas** Animation. (2011, U, 93min) ★★★★
5.30 **to 7.20** AM **Paws of Fury: The Legend of Hank** Animation. (2022, PG, 98min) ★★★

Movies 24

312 419

7.00 AM **Love in the Maldives** Drama. (2023, PG, 84min) ★★
9.00 **The Beauty of Love** Romantic drama. (2021, PG, 90min) ★★
11.00 **Love, Classified** Drama. (2022, PG, 90min) ★★
1.00 PM **A Nashville Legacy** Comedy. (2023, PG, 85min) ★★
3.00 **PREMIERE** **Love on the Right Course** Romantic comedy. (2024, PG, 84min) ★★
5.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
7.00 **Wedding of a Lifetime** Romantic comedy with Jonathan Bennett. (2022, PG, 84min) ★★
9.00 **Heart of the Matter** Drama starring Aimee Teegarden and Gail O'Grady. A cardiologist who blames herself for a patient's death faces a lawsuit to strip her of her medical license. (2022, PG, 85min) ★★
11.00 **A Scottish Love Scheme** Drama. (2024, 12, 84min) ★★
1.00 AM **Love's Greek to Me** Romantic drama with Torrey DeVitto. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **The Engagement Back-Up** Romantic comedy drama. (2022, PG, 91 min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Something in the City** Comedy. (1950, b/w, U) ★★★
7.35 **Dead Man's Evidence** Thriller. (1962, b/w, 15, 62min) ★★
8.55 **What's On TPTV with Noel**
9.05 **The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
10.55 **The Tall Men** Adventure. (1955, PG, 122min) ★★★
1.25 PM **Batman** 1/60. (S2)
2.00 **The Mark of Cain** Crime drama. (1947, b/w, PG, 88min) ★
3.50 **Look at Life** Documentary.
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town**
5.00 **The Footage Detectives**
6.00 **Green for Danger** Comedy. (1946, b/w, PG, 91min) ★★★★
7.50 **Look at Life** Documentary.
8.00 **Gideon's Way** 4/26. (S1)
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **Up the Chastity Belt** Comedy. (1971, PG, 94min) ★★
11.45 **The Heritage Chart Show**
12.50 AM **Tread Softly Stranger** Thriller. (1957, b/w, PG) ★★
2.35 **Sandokan: Pirate of Malaysia** Adventure. (1964, PG) ★★
4.45 **What's On TPTV with Noel**
4.55 **The Texan** 12/37. (S1)
5.30 **to 6.00** AM **The Larkins**

Sunday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **My Icon** Michael Campbell.
6.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group One match at Bayuemas Oval in Pandamaran.
8.00 LIVE **DP World Tour Golf** Coverage of the fourth and final day's play of the Ras Al Khaimah Championship staged at Al Hamra Golf Club in the UAE.
11.00 LIVE **SPFL Dundee United v Rangers.** Coverage of the Scottish Premiership match from Tannadice. Kick-off 12.00noon.
2.00 PM LIVE **Super Sunday Crystal Palace v Brentford.** The Premier League match from Selhurst Park. Kick-off 2.00pm.
4.00 LIVE **Super Sunday Aston Villa v West Ham United.** The Premier League match from Villa Park. Kick-off is at 4.30pm.
7.30 LIVE **NFL** Coverage of the AFC Championship match, which will see the winners progress to the Super Bowl on 9 February.
11.30 LIVE **NFL** Coverage of the NFC Championship match, which will see the winners progress to the Super Bowl on 9 February.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **Premier League Highlights**
10.00 **Super Sunday Matchday**
12.00 NOON **Sports Sunday**
1.00 PM LIVE **Super Sunday Crystal Palace v Brentford.** The Premier League match from Selhurst Park. Yoane Wissa scored a 76th-minute winner when these two sides met in the reverse fixture on the opening weekend of the season. Kick-off 2.00pm.
4.00 LIVE **Super Sunday Aston Villa v West Ham United.** Coverage of the Premier League match staged at Villa Park. The visitors won the reverse fixture on the opening weekend of the season. Kick-off is at 4.30pm.
7.30 LIVE **WSL Manchester United v Brighton & Hove Albion.** Coverage of the match from Leigh Sports Village. Kick-off 6.45pm.
9.30 **SNF** Manchester City v Chelsea.
10.00 **Premier League Highlights** Tottenham v Leicester City. **10.30** Crystal Palace v Brentford.
11.00 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
11.00 LIVE **SPFL Dundee United v Rangers.** Coverage of the Scottish Premiership match from Tannadice. Kick-off 12.00noon.
2.30 PM LIVE **Bundesliga TSG 1899 Hoffenheim v Eintracht Frankfurt.** Coverage of the German top-flight staged at PreZero Arena. Kick-off 2.30pm.
4.30 LIVE **Bundesliga FC St. Pauli v FC Union Berlin.** Coverage of the German top-flight clash from Millerntor-Stadion. Kick-off is at 4.30pm.
6.30 LIVE **WSL Manchester United v Brighton & Hove Albion.** Coverage of the top-flight encounter from Leigh Sports Village. Kick-off 6.45pm.
9.30 **WSL** Aston Villa v Manchester City.
10.00 **SPFL Highlights**
10.15 **EFL Highlights**
11.00 **SPFL Highlights**
11.15 **EFL Highlights**
11.30 **WSL** Action from Manchester United v Brighton & Hove Albion.
12.00 M'T **EFL** The 2022/23 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Women's World Cup 2017**
6.15 LIVE **ICC U19 Women's World T20** The Super Six Group One match from Bayuemas Oval.
9.30 **Women's World Cup**
10.00 **Big Bash League**
11.00 **SA20** Recent T20 action.
1.00 PM LIVE **SA20 Joburg Super Kings v Sunrisers Eastern Cape.** Coverage from DP World Wanderers Stadium. Last year, the hosts were well beaten by the Sunrisers in a nine-wicket defeat.
5.30 **Women's World Cup 2017**
5.45 **Blue for Bob** A Bob Willis tribute.
6.00 **Best of the Big Bash League**
6.15 **Jimmy Anderson's Greatest Spells** Archive highlights.
6.30 **Big Bash League**
7.30 **Women's ICC World T20**
8.00 **Big Bash League**
9.00 **SA20** Recent T20 action.
11.00 **Big Bash League**
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 LIVE **ICC U19 Women's World T20** The Super Six Group One match in Sarawak, Malaysia.
5.30 **Women's World Cup 2017**
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf**
6.30 **Ryder Cup Memories**
7.30 **DP World Tour Golf**
8.00 LIVE **DP World Tour Golf** Coverage of the fourth and final day's play of the Ras Al Khaimah Championship staged at Al Hamra Golf Club in the UAE.
1.00 PM **PGA Tour Golf** The Farmers Insurance Open fourth day from Torrey Pines in La Jolla, California.
7.00 **DP World Tour Golf** The Ras Al Khaimah Championship day four.
7.30 **TGL** New York v Atlanta Drive.
9.30 LIVE **APGA Tour** Coverage of the second and final day's play of the APGA Farmers Insurance Invitational staged at Torrey Pines in La Jolla, California.
12.00 M'T **DP World Tour Golf**
12.30 AM **Uncommon: Building a Boston Sports Team**
1.00 **PGA Tour Champions Learning Centre** Expert golfing advice.
1.30 **DP World Tour Golf**
2.00 **Golf Academy**
3.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Tennis**
12.00 NOON **US Open Tennis** Action from 2024 semi-finals and finals.
4.00 PM **WTA Tennis** A recent final.
5.00 **ATP Tennis** Recent highlights.
7.00 **WTA Tennis** Abu Dhabi Open.
8.00 **ATP Tennis** The Open 13 final.
9.00 **WTA Tennis** Transylvania Open.
10.00 **ATP Tennis** Dallas Open final.
11.00 **Young Guns: The New Tennis Titans** Documentary.
12.00 M'T **Tennis** Action from 2024.
4.00 **to 6.00** AM LIVE **WTA Tennis** Coverage of the opening day's play of the WTA Singapore Open, a hard-court tournament staged at Kallang Tennis Centre.

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Isuzu UTE A-League Western Sydney Wanderers v Auckland FC.** Kick-off 6.00am.
8.00 **Europa League Goals Reload**
8.15 **Champions League Goals**
8.30 **TNT Sports Reload**
9.00 LIVE **A-League Women Perth Glory v Brisbane Roar.**
11.00 **Champions League Goals**
11.15 LIVE **Serie A AC Milan v Parma.**
1.30 PM **Premiership Rugby Union**
2.30 LIVE **Premiership Rugby Union Sale Sharks v Bath.**
5.15 **The Rugby Review**
6.00 LIVE **Premier League Fulham v Manchester United.** From Craven Cottage. Kick-off 7.00pm.
9.30 **Europa League Goals Reload**
9.45 **Champions League Goals**
10.00 **World Rally Championship**
10.30 **UEFA Europa League & Conference League Magazine**
11.00 **Champions League Magazine**
11.30 LIVE **Women's T20 Super Smash Auckland Hearts v Wellington Blaze.** In Auckland.
3.00 AM **TNT Sports Cricket Reload**
3.45 **to 6.00** AM LIVE **T20 Super Smash Auckland Aces v Wellington Firebirds.**

TNT Sports 2

411 871 528 409 431

5.30 AM LIVE **HSBC SVNS** Coverage of the first session of the third day of the Perth SVNS at HBF Park.
10.15 AM **Sport in Focus**
10.30 LIVE **HSBC SVNS** Coverage of the second session of day three of the Perth SVNS at HBF Park.
12.45 PM **Allianz Premiership Women's Rugby** Leicester Tigers v Loughborough Lightning.
1.45 **TNT Sports Cricket Reload**
2.00 **Women's Ashes**
3.00 **T20 Cricket Highlights**
4.00 **Isuzu UTE A-League**
5.00 **The Football's On**
6.00 **UEFA Champions League Magazine** News and updates.
6.30 **Serie A** AC Milan v Parma.
7.30 LIVE **Serie A Lazio v Fiorentina.** Coverage of the Italian top-flight match from Stadio Olimpico. Kick-off 7.45pm.
9.45 **TNT Sports Cricket Reload**
10.00 **Premiership Rugby Union**
11.00 LIVE **NBA Portland Trail Blazers v Oklahoma City Thunder.** Coverage of the Western Conference match from Moda Centre. Tip-off 11.00pm.
1.30 AM **NBA on Fire** The latest news.
2.00 **to 6.00** AM **MLB Classic**

TNT Sports 3

417 874 529 410 432

6.45 AM LIVE **A-League Women Central Coast Mariners v Wellington Phoenix.** From Woy Woy Oval. Kick-off 6.00am.
8.00 **Women's One-Day International Cricket**
9.00 **Women's Ashes**
10.30 **Premier League Stories**
11.00 LIVE **World Rally Championship** Special stage 18 of the Rallye Monte-Carlo.
1.00 PM **WRC: More Than Machine**
2.00 **Vendee Globe Highlights**
2.30 **UEFA Champions League Highlights Show**
4.30 **Women's One-Day International Cricket**
5.30 **Women's Ashes**
6.30 **The Edge** Australia v England.
7.00 **Ultimate Pool** Recent action.
8.30 **Premiership Rugby Union**
9.30 **Women's Ashes**
10.30 **The Edge** Australia v England.
11.00 **Ultimate Pool**
12.30 AM **Serie A** Lazio v Fiorentina.
1.30 **UEFA Champions League Highlights Show**
3.30 **UEFA Europa League & Conference League Highlights**
4.30 **Vendee Globe Highlights**
5.00 **to 6.00** AM **SailGP Highlights**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **NFL Bitesize Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights** Recent action.
10.00 **Super Bowl LVI Highlights**
12.00 NOON **NFL Highlights**
1.00 PM **NFL Bitesize Highlights** Highlights from Kansas City Chiefs v Houston Texans in the first Divisional play-off match. **1.15** Detroit Lions v Washington Commanders in the second Divisional play-off match. **1.30** Action from Philadelphia Eagles v Los Angeles Rams in the third Divisional play-off match. **1.45** Highlights from Buffalo Bills v Baltimore Ravens in the fourth Divisional play-off match.
2.00 **NFL Gameday** AFC and NFC Championship match previews.
7.00 LIVE **NFL** Coverage of the AFC Championship match, which will see the winners progress to the Super Bowl on 9 February.
11.30 LIVE **NFL** Coverage of the NFC Championship match, which will see the winners progress to the Super Bowl on 9 February.
4.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
11.00 **Fight Night** Jonas v Habazin.
12.00 NOON **SA20** Recent highlights.
2.00 PM **ICC Women's World Cup 2017** England v India in the final.
2.30 **F1 Classic Races** Archive action.
4.45 **One Championship Weekly**
5.15 **Super League Highlights**
6.00 LIVE **NCAA Basketball Memphis Tigers v UAB Blazers.** Coverage of the men's match staged at FedExForum in Memphis. Tip-off is at 6.00pm.
8.00 LIVE **NCAA Basketball TCU Horned Frogs v Baylor Bears.** Coverage of the women's match staged at Schollmaier Arena in Fort Worth. Tip-off is at 8.00pm.
10.00 **The Rugby Championship** Argentina v Australia from 2024.
12.00 M'T **Top Rank Boxing Archive**
1.15 AM **Super League Highlights**
2.00 **SA20** Recent T20 highlights.
3.00 **Big Bash League**
4.00 **to 6.00** AM **SA20**

TNT Sports 4

421 876 530 411 434

6.30 AM **WRC: More Than Machine**
7.30 LIVE **World Rally Championship** Coverage of the Rallye Monte-Carlo, featuring the 17th special stage.
8.30 **Vendee Globe Highlights**
9.00 **UEFA Europa League & Conference League Highlights**
10.00 **What I Wore** John Barnes.
10.30 **NBA Classic** Archive action.
12.30 PM **NBA on Fire** The latest news.
1.00 **NBA** Three match replays.
5.30 **NBA on Fire** The latest news.
6.00 **NBA** Spurs v Pacers. **7.30** Mavericks v Celtics. **9.00** Warriors v Lakers.
10.30 **MLB Classic** All-Star games.
1.30 AM **World Rally Championship**
2.00 **Premiership Rugby Union**
3.00 **The Edge** Australia v England.
3.30 **Ultimate Pool** Recent action.
5.00 **Champions League Goals**
5.15 **Europa League Goals Reload**
5.30 **to 6.00** AM **World Rally Championship**

Eurosport 1

413 870 521 412 435

6.00 AM **Australian Open Tennis**
8.00 **Australian Open: Courtside**
8.30 LIVE **Australian Open Tennis** Coverage of the men's singles final on the 15th and concluding day of the first Grand Slam event of the year staged at Melbourne Park.
11.30 **Australian Open: Courtside**
12.00 NOON LIVE **Alpine Skiing** The second run in the men's World Cup slalom at Kitzbuhel in Austria.
1.30 PM LIVE **Biathlon** Coverage from Antholz in Italy, featuring the men's 12.5km pursuit.
2.40 LIVE **Ski Jumping** The second of two men's competitions on the HS235 ski flying hill from Oberstdorf in Germany.
4.50 **Australian Open Tennis** Highlights from Melbourne.
7.00 **Australian Open Tennis** Action from the men's singles final.
9.00 **Australian Open Tennis**
2.00 AM **Snooker: German Masters**
4.00 **to 6.00** AM **Alpine Skiing**

Eurosport 2

414 871 522 413 436

5.55 AM **Ski Jumping** In Zao, Japan.
6.50 LIVE **Ski Jumping** The second women's individual HS102 competition from Zao in Japan.
8.30 **Charlotte Bankes Sierra Nevada 2024**
8.45 LIVE **Alpine Skiing** The men's slalom from Kitzbuhel, Austria.
10.00 LIVE **Alpine Skiing** From Garmisch-Partenkirchen, Germany.
11.05 LIVE **Biathlon** The women's 4 x 6km relay in Antholz, Italy.
12.30 PM LIVE **Cyclo-Cross** The women's race in Hoogerheide.
2.00 LIVE **Cyclo-Cross** Coverage of the men's race in Hoogerheide.
3.30 **Alpine Skiing** Recent highlights.
5.30 **Ski Jumping** From Zao, Japan.
6.30 **Alpine Skiing** Recent action.
8.00 **Ski Jumping** From Zao, Japan.
9.00 **Masters Snooker** The final.
11.00 **Alpine Skiing** Recent highlights.
1.00 AM **Ski Jumping**
2.00 **Australian Open Tennis**
4.00 **to 6.00** AM **Masters Snooker**

Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers** A round-up of transfer news.
10.00 **Super Sunday Matchday**
12.00 NOON **Sports Sunday**
2.20 PM LIVE **Bundesliga TSG 1899 Hoffenheim v Eintracht Frankfurt.** Coverage of the German top-flight staged at PreZero Arena. Kick-off 2.30pm.
4.30 LIVE **Bundesliga FC St. Pauli v FC Union Berlin.** Coverage of the German top-flight match at Millerntor-Stadion. Kick-off is at 4.30pm.
6.30 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with headline-makers.
4.00 **to 6.00** AM LIVE **WTA Tennis** Coverage of the opening day's play of the WTA Singapore Open, a hard-court tournament staged at Kallang Tennis Centre.

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **F1 Classic Races**
4.45 PM **F1 Classic Races** A look back at the 2009 German Grand Prix from the Nurburgring. **7.00** Another chance to see the 2010 German Grand Prix. **9.15** Another chance to see the 2011 German Grand Prix.
11.30 **Lewis's Secret Cinema**
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Monday

27 January

Evening Planner

Monday

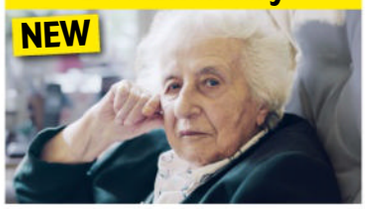
Travelogue

Alison Hammond's Florida Unpacked
BBC2, 6.30pm
Alison and her son Aidan take a trip to the Sunshine State. Continues daily.

Travelogue

Wynne & Joanna: All at Sea
BBC1, 8.30pm (box set, BBC iPlayer)
Wynne Evans and Joanna Page journey along 200 miles of the Welsh coastline.

Documentary



The Last Musician of Auschwitz
BBC2, 9pm
The story of Anita Lasker-Wallfisch, who played cello in the Auschwitz orchestra.

Documentary

The Tattooist's Son: Journey to Auschwitz
Sky History, 9pm
Following Gary Sokolov as he visits the site of the camp where his parents met.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Holocaust Memorial Day		8.00 EastEnders	8.30 Wynne &...	9.00 Silent Witness		10.00 News; Local News	10.40 Have...
	102 BBC2	7.00 Grand Tours of...	7.30 Celebrity...	8.00 Only Connect	8.30 University...	9.00 The Last Musician of Auschwitz			10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Out There		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's £1 Wonders & Money-Saving...		9.00 24 Hours in Police Custody			10.30 Catching a...
	105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 The Castaways		10.00 Casualty 24/7: Every Second Counts	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own		9.00 The Tattooist's Son: Journey to Auschwitz			10.30 Veep
ENTERTAINMENT	115 BBC3	7.00 Gladiators		8.00 The Traitors US		9.05 The Traitors		10.15 The Traitors: Uncloaked	
	116 BBC4	7.00 Egyptian Journeys with Dan Cruickshank		8.00 Treasures of Ancient Egypt		9.00 Egypt's Lost Cities			10.30 Windermere...
	118 ITV2	7.00 Celebrity Wheel of Fortune		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars		10.05 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.				9.00 Edward Vs George: The Windsors at...		10.00 8 Out of 10 Cats Does Countdown	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Fire Country		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.50 Billions	7.55 Game of Thrones			9.00 The White Lotus		10.10 The Tattooist of Auschwitz	
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda	9.20 Gavin & Stacey		10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You	9.55 QI XL		
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Agatha Christie's Poirot	
	120 ITV4	7.00 The Motorbike Show		8.00 Monster Carp		9.00 Film: First Blood			
	112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Impractical Jokers		10.00 Mr Bean	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 A League of Their Own		9.00 Ted			10.30 From
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 The Lost Music of Auschwitz			9.30 Eric Ravilious – Drawn to War		
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Custom Carolina		10.00 Texas Metal	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Swimming with Monsters		9.00 Rugged Justice		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 UFOs: Investigating the Unknown		9.00 To Catch a Smuggler		10.00 Ice Road Rescue: Highway Havoc	
	123 SKY HISTORY	7.00 Beyond the Myth: The SS Unveiled		8.00 Great Escapes with Morgan Freeman		9.00 The Tattooist's Son: Journey to Auschwitz			
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Turkey with Simon Reeve		9.00 Villages by the Sea		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Ghislaine Maxwell: Epstein's Shadow		8.00 UFO		9.00 The Commandant's Shadow			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 Timestalker		8.00 Bad Boys: Ride or Die				10.00 The Killer	
	302 FEEL GOOD	◂ 6.15 The Addams Family		8.00 Bridget Jones's Baby				10.05 The Big Lebowski	
	303 HITS	◂ 6.05 Miss Congeniality		8.00 Mamma Mia!				10.00 Mamma Mia! Here We Go Again	
	304 GREATS	◂ 5.35 Robin Hood: Prince of Thieves		8.00 Blade Runner				10.00 Star Trek: Generations	
	305 ANIMATION	◂ 5.45 The Adventures...	7.35 The Nut Job			9.10 The Super Mario Bros Movie			
	306 FAMILY	◂ 5.35 IF	7.25 Dungeons & Dragons: Honour Among Thieves				9.45 The Karate Kid		
	307 STUNTS	◂ 5.50 Shooter		8.00 John Wick				10.00 The Beekeeper	
	308 COMEDY	◂ 6.10 HouseSitter		8.00 Crazy Rich Asians				10.05 Fletch	
	309 THRILLER	◂ 5.55 We Own the Night		8.00 Marnie					10.25 Wanted
	310 DRAMA	◂ 6.10 Lost in Translation		8.00 Out of Africa					10.40 Mother!
	311 SCI-FI	◂ 5.50 Star Trek VI: The Undiscovered...		8.00 Terminator Salvation				10.00 Annabelle	
	313 FILM4	◂ 6.20 A Knight's Tale				9.00 Flamin' Hot			
SPORT	401 MAIN EVENT	7.00 EFL – Live: Burnley v Leeds United (Kick-off 8.00)							10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Gary Neville's Soccerbox		9.00 PL Review		10.00 PL Icons	
	403 FOOTBALL	7.00 EFL – Live: Burnley v Leeds United (Kick-off 8.00)							10.30 Bundesliga...
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage from Group 4 of the Champions League					9.30 Premier League		
	411 TNT SPORTS 2	7.00 The Rugby Review	7.45 HSBC SVNS Highlights		8.45 Women's One-Day International Cricket			9.45 Women's International T20 Cricket – Live	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Defenders: Busting the Bad Guys** A solar panel company. (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition Looking for gems in Devon. (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A teacher has lost her precious wedding rings. (S)(AD)
2.30 **80th Anniversary of the Liberation of Auschwitz** Coverage of the commemoration ceremony in Poland. (S)
5.15 **Pointless** New edition With guest co-host Ellie Taylor. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Silent Witness

7 PM

7.00 **Holocaust Memorial Day** Eighty years after the liberation of the Auschwitz-Birkenau concentration camp, survivors and VIPs attend a commemoration for Holocaust Memorial Day. (S)

8 PM

8.00 **EastEnders** Martin is unimpressed by the actions of a loved one. (S)(AD)
8.30 NEW SERIES **Wynne & Joanna: All at Sea** 1/6. A journey along the south Wales coastline. (S)
■ Entire series on BBC iPlayer

9 PM

9.00 **Silent Witness** New episode *Vanishing Point – Part One:* 7/10. Nikki finds herself at the centre of a crisis as she races to find a cure for a deadly illness on board a plane. (S28) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Bill Bailey hosts the satirical current affairs quiz, with guest panellists Helen Lewis and Daliso Chaponda. (S)(R)
11.10 **Bump** New episodes 5/10. Reema comes back to Australia, and Vince has to deal with the realisation that she might not have come back for him. (S)(AD)
11.40 6/10. Oly struggles to cope with her anxiety. (S5) (S)(AD)
■ Entire series on BBC iPlayer
12.10 AM **The Weakest Link** Host Romesh Ranganathan is joined by a line-up of TV medics. (S)(R)
12.55 **Weather for the Week Ahead** (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Sign Zone: The Repair Shop** Items include a stuffed bear. (S)(R)
7.45 **Match of the Day 2** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **Wild China** (S)(R)(AD)
4.15 **The Planets** 1/5. The life story of the solar system. (S)(R)(AD)
5.15 **Flog It!** From Aberystwyth. (S)(R)
6.00 **Richard Osman's House of Games** New edition Fern Britton, JB Gill, John Kearns and Sally Lindsay take part. (S)
6.30 NEW SERIES **Alison Hammond's Florida Unpacked** 1/10. Alison and her son Aidan embark on a budget tour of the Sunshine State. (S)(AD)
■ Entire series on BBC iPlayer

7.30 Celebrity Mastermind

7.00 **Grand Tours of Scotland's Rivers** New edition The River Annan in Dumfries and Galloway. (S)
7.30 **Celebrity Mastermind** Series finale 14/14. With Daliso Chaponda, Seann Walsh, Romy Gill and Fiona O'Carroll. (S)

8.00 **Only Connect** New edition Victoria Coren Mitchell hosts as the Bloomsbury Group take on the Crunchers. (S)
8.30 **University Challenge** New edition Cardiff and Queen's University Belfast compete in round two. (S)

9.00 NEW **The Last Musician of Auschwitz** To mark Holocaust Memorial Day, this documentary tells the story of Anita Lasker-Wallfisch, the only surviving member of the women's orchestra at Auschwitz. Now 99, Anita reveals how when she arrived at the camp, a chance mention that she played the cello saved her life, as she was allowed to join one of the orchestras ordered to play marches as the prisoners carried out their work. *See feature, page 20.* (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **Sound of Metal** Drama with Riz Ahmed and Olivia Cooke. (S)(AD) (2021, 15, 115min) ★★★
1.00 AM **Sign Zone: What Happened at Auschwitz** BBC journalist Jordan Dunbar explores the reasons for the Holocaust. (S)(R)(AD)
1.30 **Sign Zone: The Traitors** (S)(R)(AD)
2.30 **Sign Zone: Countryfile** From Dartmoor National Park. (S)(R)
3.25 **Sign Zone: Silent Witness** (S)(R)
4.25 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Scarlett Moffatt and Jeff Brazier take part in the game show. (S)
3.00 **Lingo** New edition Word-based game hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts the game show as latest contestant Harry takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Out There

7.30 **Emmerdale** Amy makes a big decision, Bob opens up to Manpreet, and Aaron comes up with a dangerous plan. (S)(AD)

8.00 **Coronation Street** David panics when Shona goes missing, Leanne embarks on humiliating community service, Tracy confronts Cassie with evidence of her stealing, while Dev and Bernie announce their engagement. (S)(AD)

9.00 **Out There** New episode 4/6. Having learned Kenny has gone missing, the police raid the nail bar. Dealer Khalad escapes and has no choice but to inform the top of the chain, Turuk. (S1) (S)(AD)
■ Entire series on ITVX

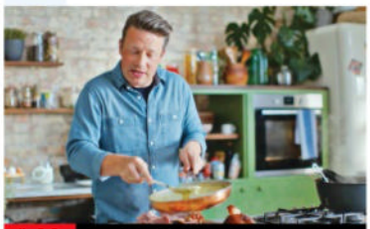
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Fred and Rose West: Reopened** 1/2. Trevor McDonald presents as investigators explore new leads in the infamous case of Fred and Rose West, suggesting there may be more victims than the 12 already known. (S)(R)(AD)
11.40 **Heathrow: Britain's Busiest Airport** 12/12. Passenger Experience Manager Harry rushes to a gate that has had its door smashed, and a strange smell is discovered in cargo. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Lingo** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 9-11/26. (S10) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 15-18/24. (S2) (S)(R)
10.40 **Ramsay's Kitchen Nightmares USA** From Philadelphia. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Renovation rookies Angie and Ash dream big in the Italian Alps. (S)
5.00 **Four in a Bed** New edition The first visit is to the Inn Castledawson in County Derry-Londonderry. (S)
5.30 NEW SERIES **Come Dine with Me** Businesswoman Rebecca hosts the first night in Cambridge. (S)
6.00 **A Place in the Sun** New edition A couple go house-hunting in Los Cristianos, southern Tenerife. (S)



8.00 Jamie's £1 Wonders...

7.00 **News** (S)

8.00 **Jamie's £1 Wonders & Money-Saving Meals** New edition 4/6. Chef Jamie Oliver cooks mushroom soup using up discounted veg that's destined for the bin, followed by a low-cost cheesy soda bread for under £5. (S)(AD)

9.00 **24 Hours in Police Custody: The Predator** Feature-length special about an investigation into a case of possible rape involving a man who arranges to meet multiple men a week for sex using a dating app. (S)(R)(AD)

10.30 **Catching a Killer: A Stab in the Dark** An inside look into Thames Valley Police's largest murder investigation for years as they attempt to find the murderer of 21-year-old Kyron Lee, who was knocked off his bike, chased and stabbed to death. (S)(R)(AD)
12.00 M'T FILM **Night Will Fall** The story of a shelved documentary about the Nazi concentration camps. (S)(AD) (2014, 15, 75min) ★★★★★
1.15 AM **The Fear Clinic: Face Your Phobia** (S)(SL)(R)(AD)
2.10 **Location, Location, Location** From Glasgow. (S)(SL)(R)
3.05 **Hollyoaks Omnibus** (S)(SL)(R)(AD)
4.10 **Frasier** (S10&11) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.50 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S9) (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **The Jane Mysteries: Inheritance Lost** Romantic mystery starring Jodie Sweetin and Stephen Huszar. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition Graham and Kaye plan a beach barbecue for their customers. (S)(AD)
5.00 **News** (S)
6.00 **Our Great Yorkshire Life** 1/6. Following the lives of the Jenkinson family, who have fished the waters off the Whitby coast for generations. (S)(R)
6.55 **News** (S)

8.00 Traffic Cops

7.00 **Police Interceptors** New edition Cameras follow officers dealing with young adults and teenagers who go off the rails, fuelled by drink and drugs. (S)
7.55 **News** (S)
8.00 **Traffic Cops** New edition Three cars collide on a busy road, a lorry driver is left hanging over the edge of a bridge after hitting a barrier, and a bus driver swerves into a field with passengers on board. (S)
9.00 **The Castaways** New episode 2/5. Lori awakes to find the plane has crashed on a desert island, where she and the remaining survivors work to put their differences aside. (S1) (S)(AD) ■ Continues tomorrow
10.00 **Casualty 24/7: Every Second Counts** 1/12. Barnsley Hospital treats the largest number of patients in a single shift in its history. (S)(R)
11.05 **Motorway Cops: Catching America's Speeders** New edition A 911 call about stolen gas leads Lieutenant Frank Stacey to a school. (S)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **The Queen: Duty Before Family?** Documentary. (S)(R)
3.50 **Yorkshire: A Year in the Wild** Spring in Yorkshire. (S)(R)(AD)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 2/15. (S5) (S)(R)
5.00 **The Simpsons** *Lisa with an S:* Lisa stays with a Broadway legend for a month. (S)(R) **5.30** *Puffless:* Patti moves in with Homer and Marge. (S)(R)
6.00 **The Office (US)** 23/26. Michael misunderstands Donna's body language during a sales pitch by Pam and Jim. (S)(R) **6.30** 24/26. Michael enlists Dwight's help when he thinks Donna is cheating. (S6) (S)(R)

7.00 The Simpsons

7.00 **The Simpsons** *Paths of Glory:* Marge and Homer suspect that Bart might be a sociopath. (S)(R) **7.30** *Barthood:* A coming-of-age story chronicling Bart's life from the age of six to a young man. (S)(R)
8.00 **A League of Their Own** 3/8. Sports-based comedy quiz, with regulars Romesh Ranganathan, Jill Scott, Jamie Redknapp and Micah Richards joined by Jorginho and Danny Dyer. (S)(R)
9.00 **NEW The Tattooist's Son: Journey to Auschwitz** Gary Sokolov visits the wartime camp through the infamous Arbeit Macht Frei gatehouse, from where he begins to explore the horrors confronted by his parents. As part of his bid to understand the impact of Intergenerational Holocaust Trauma, he meets Heather Morris, author of the best-selling novel *The Tattooist of Auschwitz*. (S)
10.30 **Veep** *Testimony:* 9/10. Selina's team face a major lobbying scandal. (S4) (S)(R)(AD)
11.10 **Veep** 10/10. Election day arrives. (S4) (S)(R)(AD)
11.50 **The Force: North East** (S)(R)
12.50 AM **Brit Cops: Rapid Response** Documentary following police officers on patrol. (S)(R)(AD)
1.45 **Road Wars** (S)(R)
3.10 **NCIS: New Orleans** (S7) (S)(R)
4.05 **MacGyver** 2/15. (S5) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.10pm Sportscene: SWPL Highlights (S)(R) **11.40** Bump New episodes (S)(AD) **12.40am** Scotcast (S)(R) **1.10** The Weakest Link (S)(R) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm Anna Haugh's Big Irish Food Tour New edition (S) **8.30-9.00** EastEnders (S)(AD) **10.40** NEW First Communion (S)(AD) **11.40** Have I Got News for You (S)(R) **12.10am** Bump New episodes (S)(AD) **1.15** The Weakest Link (S)(R) **2.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Scrum V Highlights (S) **11.10** Have I Got News for You (S)(R) **11.40** Bump New episodes (S)(AD) **12.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cysgu O Gwmpas (AD) **12.30** Heno **1.00** Efaciwîs (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Cymru Wyllt **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gwladfa: Gwilym Bowen Rhys New edition **8.25** Y Ci Perffaith Series finale **8.55** Newyddion a'r Tywydd **9.00** Ffermio **9.30** Rafio+ **10.00** Sgorio **10.30** Amour & Mynydd **11.30pm-12.05am** Codi Hwyl

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Gladiators** A whirlwind entrance from a brand-new Gladiator leaves the contenders shaken.
7.55 **The Catch Up**
8.00 NEW SERIES **The Traitors US** 1/12. Alan Cumming hosts as strangers unite to start a game of detection, trust and backstabbing in the hope of winning a cash jackpot.
9.05 **The Traitors** 12/12. Claudia Winkleman presents the final day of the game of treachery and trust.
10.15 **The Traitors: Uncloaked** 12/12. The finalists join Ed Gamble for their interviews in a special edition in front of a live audience.
11.00 **Man in the Arena: Tom Brady** Double bill of the documentary.
12.45 AM **In My Skin**
1.45 **Eating with My Ex**
2.15 **Ballers: Ball or Nothing**
2.45 **Squad Goals: Dorking 'Til I Die** Documentary.
3.15 **Man Eater**
3.25 **to 3.55** AM **Eating with My Ex**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Egyptian Journeys with Dan Cruickshank** Dan goes in search of the truth about Akhenaten. **7.30** The ancient people's belief in the afterlife.
8.00 **Treasures of Ancient Egypt** 2/3. Presenter Alastair Sooke takes a look at art from one of Ancient Egypt's most opulent eras.
9.00 **Egypt's Lost Cities** Exploring the potential existence of buildings beneath the sands of Egypt.
10.30 **The Windermere Children** Fact-based drama starring Thomas Kretschmann, Romola Garai, Tim McInnerny and Iain Glen.
12.00 M'T **The Windermere Children: In Their Own Words** The story of a project to rehabilitate child survivors of the Holocaust on the shores of Lake Windermere.
1.00 AM **Tutankhamun's Egypt**
2.00 **Egyptian Journeys with Dan Cruickshank**
3.00 **to 4.00** AM **Treasures of Ancient Egypt**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun: Home or Away**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Transforming a wing of a derelict château into a habitable space.
5.50 **Car S.O.S** Fuzz and Tim restore the smallest car they have ever worked on. **6.55** Fuzz and Tim attempt to restore a Jaguar Mk2.
7.55 **Car S.O.S** When Brian started suffering from health problems, the project of restoring his XR2 to show-winning condition ground to a halt – so in stepped Tim and Fuzz.
9.00 **Edward Vs George: The Windsors at War** 1/2. The feud between Edward VIII and his younger brother George VI, featuring first-hand accounts from people close to the story, and new evidence from historians.
10.00 **8 Out of 10 Cats Does Countdown** Jimmy Carr hosts as Sean Lock and Mel Giedroyc take on Lee Mack and David O'Doherty.
11.05 **24 Hours in A&E**
1.15 AM **8 Out of 10 Cats Does Countdown**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Pygmoelian:* Moe has plastic surgery.
7.00 **Hollyoaks** Abe is questioned by the police.
7.30 **Modern Family** 7/18. Cameron and Mitchell's friends mistakenly assume they have split up. (S11)
8.00 **The Simpsons** *Haw-Haw Land:* Lisa becomes smitten with a jazz musician. **8.30** *Frink Gets Testy:* Mr Burns fears that Doomsday is coming.
9.00 **Celebrity Gogglebox** Opinions on *Blue Planet II* and *Unsolved Mysteries*.
10.00 **Gogglebox** The armchair critics appraise the Eurovision Song Contest.
11.05 **First Dates: Valentine's**
12.10 AM **Naked Attraction**
1.15 **Celebrity Gogglebox**
2.20 **Gogglebox**
3.10 **The Simpsons**
4.00 **Brooklyn Nine-Nine**
4.50 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Monday primetime primetime

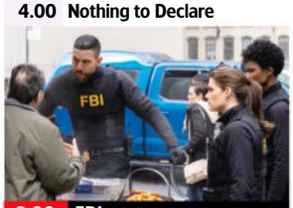
MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

6.00 AM **The Force: Manchester**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 15/22. (S6)
12.00 NOON **FBI** 17/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 17/22. The team jump into action to find two missing students connected to a homicide. (S4)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**



8.00 FBI

7 PM
7.00 Nothing to Declare Beef lollies are found in a Korean woman's luggage. **7.30** Officers seize a stash of pornography.

8 PM
8.00 FBI *God Complex:* 22/22. The team must race against the clock to hunt down a religiously motivated serial killer. (S5)

9 PM
9.00 Fire Country *Backfire:* 21/22. The crews are called to a backfire started by a private firefighting company. (S1)

10 PM
10.00 Law & Order: Special Victims Unit *And a Trauma in a Pear Tree:* 9/22. Carisi and Rollins work together. (S24)
11.00 **Fire Country** 4/10. The crews respond to a toxic spill. (S2)
12.00 M'T **The Rookie** 6/20. (S2)
1.00 AM **The Good Doctor** (S2)
2.00 **FBI: International** 16/22. (S2)
3.00 **FBI** 16/22. (S5)
4.00 **FBI: Most Wanted** (S4)
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **The Sopranos** (S5)
10.10 **Billions** 7&8/12. (S3)
12.20 PM **Game of Thrones** (S2)
1.25 **Perry Mason** 1&2/8. (S2)
3.35 **The Sopranos** 10/13. Christopher and Tony Blundetto dispose of a corpse. **4.40** 11/13. Tony is haunted by his crimes. (S5)
5.45 **Billions** 7/12. Taylor questions Wendy's motivations. **6.50** 8/12. Chuck asserts his political autonomy. (S3)

6.50 Billions

7.55 Game of Thrones *The Old Gods and the New:* 6/10. Joffrey's rule prompts the people of King's Landing to riot, and Qhorin gives Jon a chance to prove himself. (S2)

9.00 The White Lotus *In the Sandbox:* 4/7. Harper is blindsided by shocking evidence from Ethan's night out. (S2)

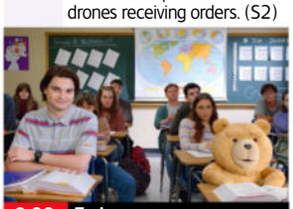
10.10 The Tattooist of Auschwitz 5/6. Gita helps a young woman give birth. Partly subtitled. (S1)
11.10 **The Tattooist of Auschwitz**
12.20 AM **The Gilded Age** 4/8. (S2)
1.20 **Big Little Lies** 5/7. (S2)
2.15 **Game of Thrones** As 7.55pm.
3.15 FILM **L'Immortale** Italian crime drama. Subtitled. (2019, 15, 116min) ★★
5.15 **to 6.00** AM **In Treatment**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 10&11/22. (S5)
8.00 **Supergirl** 12/20. (S6)
9.00 **Stargate Universe** (S2)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 14/20. (S6)
1.00 PM **S.W.A.T.** 12&13/22. (S5)
3.00 **NCIS: New Orleans** (S7)
4.00 **MacGyver** 2/15. (S5)
5.00 **DC's Legends of Tomorrow** 9/13. Gideon jumps the time machine into the Manor Dimension. (S7)
6.00 **Stargate Universe** 11/20. Rush and Eli prevent the drones receiving orders. (S2)



9.00 Ted

7.00 Stargate Universe *Twin Destinies:* 12/20. Eli claims he has worked out a way to dial back to Earth. (S2)

8.00 A League of Their Own Romesh Ranganathan hosts the sports-based comedy quiz, with guests Jorginho and Danny Dyer.

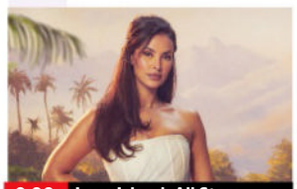
9.00 Ted 5/8. Susan tries to cheer John up by finding him a new friend. **9.45** 6/8. Blaire asks Matty and Susan to let Ted be their marriage therapist. (S1)

10.30 From *Mouse Trap:* 3/10. Donna and Ellis try to talk Boyd out of a dangerous plan. (S3)
11.30 **From** 4/10. Boyd is forced to make a tough decision when newcomers arrive in town at nightfall. (S3)
12.30 AM **Warrior** 7/10. (S3)
1.30 **Road Wars** Double bill.
3.00 **NCIS: New Orleans** 5/16. (S7)
4.00 **MacGyver** 2/15. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.15 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.05 **In with a Shout**
3.05 **Charmed** 1/22. (S7)
4.00 **Gilmore Girls** 22/22. (S3)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Lesley Garrett, Jools Holland and Adil Ray.



9.00 Love Island: All Stars

7.00 Celebrity Wheel of Fortune Graham Norton hosts, with guests Tom Allen, Michelle Visage and Eddie Kadi.

8.00 NEW SERIES **Gordon Ramsay's Food Stars USA** Entrepreneurs pitch themselves to Gordon and Lisa Vanderpump.

9.00 Love Island: All Stars New edition Not one of the All Star Islanders want to leave after a second week in paradise.

10.05 Family Guy 8/20. Peter gets lap band surgery. **10.35** 9/20. Brian dates one of the carnival workers. (S21)
11.05 **Family Guy** 2/20. Lois tries to get her family together. (S21)
11.35 **American Dad!** (S17)
12.35 AM **Bob's Burgers** (S9)
1.35 **CelebAbility**
2.20 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *No Refuge:* An armed robbery ends in murder and Frost wastes no time in arresting a crook he saw during the getaway.
5.55 **Heartbeat** *Unchained Melody:* The constabulary receives help to target a drug trafficker.

10.00 Agatha Christie's Poirot

6.55 Heartbeat *Truth Games:* Jackie represents a man accused of rape, while Vernon and David's finances hit rock-bottom.

8.00 Midsomer Murders *The Noble Art:* A local boxer's successful world title bid stirs up hidden passions among the residents of Midsomer Morchard. Guest stars Phil Daniels.

10.00 Agatha Christie's Poirot *Mrs McGinty's Dead:* A cleaner is found dead in her home and suspicion immediately falls upon her lodger.
12.00 M'T **Wire in the Blood** 4/5. The suffocation of an elderly woman proves the prelude to a string of similar killings. (S5)
1.50 AM **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Money for Nothing**
2.45 **Sign Zone: Repair Shop on the Road**
3.30 **Sign Zone: Grand Tours of Scotland's Rivers**
4.00 **Sign Zone: Our Lives – The Secret Lives of Lighthouse Keepers**
4.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights** Recent action.
8.00 **Repair Shop on the Road** New edition
8.45 **Growing Up Scottish**
9.00 NEW SERIES **Show People: Licensed to Thrill** 1&2/6. Double bill of the documentary.
10.00 **Our Lives: The Boy Who Can Fly** Documentary.
10.30 **The Scotts** 6/6. (S3)
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Best of Chewin' the Fat**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S4)
9.15 **The Conners** (S2&3)
10.10 **Silicon Valley** (S4)
11.30 **Barry** 7&8/8. (S4)
12.45 PM **Entourage** (S5)
1.55 **Silicon Valley** (S4)
3.10 **Barry** 7&8/8. (S4) (S4)
4.35 **Ballers** 7&8/9. (S4)
5.45 **The Office (US)** (S6)
6.45 **The Conners** (S2&3)
7.45 **Ballers** 1/9. Charles rallies a group of disgruntled employees. **8.25** 2/9. Spencer's dreams of expanding hit a bump in the road. (S4)
9.00 **And Just Like That...** *February 14th:* 7/11. Miranda explores the idea of dating again. **9.55** *A Hundred Years Ago:* 8/11. Charlotte gets ready to go back to work full-time. (S2)
10.50 **Real Time with Bill Maher** New edition
12.00 M'T **Veep** (S4)
1.20 AM **Black Monday** (S3)
2.45 **Barry** 7&8/8. (S4)
4.15 **to 5.00** AM **Enlightened**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Battle of the Bagpipes**
7.00 **Anyone Can Sing**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist...**
1.00 PM **Tales of the...**
2.00 **Camille Pissarro: The Father of Impressionism**
3.00 **Discovering**
4.00 **Soul II Soul – Club Classics: Vol 1**
5.00 **Portrait Artist of the...**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **The Lost Music of Auschwitz**
9.30 **Eric Ravilious: Drawn to War**
11.15 **André Rieu: World Tour**
12.15 AM **Golden Age: Milos at Blenheim Palace**
1.20 **Escher: Journey into Infinity** Documentary.
2.55 **Leonardo da Vinci: The Universal Man**
4.10 **The Eighties**
5.05 **to 6.00** AM **Inside Art**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 16/26. (S6)
5.00 **Stargate Atlantis** (S1)
6.00 **Star Trek: Deep Space Nine** 10/26. (S7)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** *Ka pa'ani nui (Big Game):* 15/25. The team hear rumours a Nazi war criminal may be hiding in Hawaii. (S7)
9.00 **SEAL Team** (S4)
11.00 **Britain's Most Evil Killers**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM NEW SERIES **Backyard Builds**
8.10 **Celebrity Homes**
9.10 **Inside M&S**
10.10 **Worst to First** New edition
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **Celebrity Homes**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Ainsley's Taste of Malta**
8.00 **Dinner Date**
9.00 **Emergency Nurses: A&E Stories**
10.00 **The Real Housewives of Orange County**
10.55 **The Real Housewives Ultimate Girls' Trip**
12.00 M'T **Only Way Is Essex**
1.00 **to 1.30** AM **Backyard...**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 3/13. (S2)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 8/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 13-16/25. (S8)
9.00 **Randall and Hopkirk (Deceased)** *A Disturbing Case:* 2/26. Jeannie is worries when she hears Jeff talking to Marty. (S1)
10.00 **The New Avengers** *The Lions and the Unicorn:* 4/13. Steed has to prevent a gang war from breaking out. (S2)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S8)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **Return of Sherlock Holmes**
9.20 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots**
12.25 PM **Return of Sherlock Holmes** Murder mystery.
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Professionals**
6.00 **BattleBots** New edition Eight of the field's bots face off.

9.00 First Blood

7.00 **The Motorbike Show** Henry and Guy reveal their Norton redesign to Stuart Garner, while Henry revels in the Laverda Jota.
8.00 **Monster Carp** Ali, Dovey and Spooner travel to a picturesque lake known as Three Islands near Montereau, south of Paris.
9.00 **FILM First Blood** Action adventure starring Sylvester Stallone. A Vietnam veteran runs foul of some small-town cops and triggers off a full-scale manhunt. With Richard Crenna. (1982, 15, 93min) ★★★★ SEX●●● VIOLENCE●●● LANG●●●
11.00 **Auf Wiedersehen, Pet** 3&4/13. Double bill. (S1)
1.00 AM **Two and a Half Men** (S1)
2.00 **Minder**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 7/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 22/26. (S5)
2.00 **Warehouse 13** 3/13. (S2)
3.00 **Stargate SG-1** 9/20. (S8)
4.00 **Star Trek: Voyager** (S2)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 7/26. Geordi becomes stranded on a storm-ravaged planet. (S3)

3.00 Stargate SG-1

7.00 **Warehouse 13** *Beyond Our Control:* 3/13. The residents of Univille start to experience bizarre events. (S2)
8.00 **Stargate SG-1** *Sacrifices:* 9/20. Teal'c desperately attempts to find a way to rescue Ishta after she is captured. (S8)
9.00 **The Walking Dead** *18 Miles Out:* 10/13. Andrea helps Hershel's youngest daughter make a crucial decision. (S2)
10.00 **Grimm** *The Thing with Feathers:* 16/22. Nick takes Juliette for a weekend in the country, where he plans to propose. (S1)
11.00 **SurrealEstate** 5/10. The team encounter a moody, dangerous child spirit. **12.00** M'T 6/10. The team take over a listing plagued by a series of murders. (S1)
1.00 AM **True Blood** 5&6/12. Double bill of episodes. (S1)
3.00 **Room 104** 9&10/12. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 1/16. (S3)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S8)
4.00 **Miss Scarlet and the Duke** 4/6. Detective Fitzroy hires Eliza to look into a case of police corruption. (S3)
5.00 **Hudson & Rex** 1/16. Charlie recounts the first case that he and Rex solved together. (S3)
6.00 **Father Brown** As 10.00pm.

8.00 White Collar

7.00 **The Mentalist** *Where in the World Is Carmine O'Brien?* 6/24. The team investigate the murder of a police chief. (S4)
8.00 **White Collar** *Scott Free:* 6/16. Peter and Neal investigate a conman's crime spree. (S3)
9.00 **Death in Paradise** *Spot the Difference:* 5/8. A prisoner is stabbed to death while handcuffed to Richard. (S1)
10.00 **Father Brown** *The Numbers of the Beast:* The priest walks in on a man standing over the body of his dead wife.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 11/21. A non-verbal boy is found hiding in a stranger's garage. (S2)
2.00 **So Help Me Todd** 1/21. (S1)
2.45 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Only Fools and Horses**
9.20 **The Green Green Grass**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.35 PM **The Green Green Grass**
1.15 **Only Fools and Horses**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **The Green Green Grass**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

8.40 Miranda

7.20 **Dad's Army** The platoon offer to help Godfrey's widowed friend gather in the harvest on her farm.
8.00 **dinnerladies** Tony worries Bren will be distracted during her TV debut.
8.40 **Miranda** The shopkeeper realises she is still attracted to Gary.
9.20 **Gavin & Stacey** The Essex boys plan a big night out in Cardiff and a sleepover at Bryn's.
10.00 **The Royle Family** Nana is in mourning for her friend Elsie.
10.35 **dinnerladies** As 8.00pm.
11.10 **Miranda** As 8.40pm.
11.50 **Gavin & Stacey** As 9.20pm.
12.30 AM **The Royle Family**
1.05 **The Real McCoy**
1.45 **Miranda** As 8.40pm.
2.30 **Gavin & Stacey** As 9.20pm.
3.00 **The Royle Family**
3.30 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **World's Most Dangerous Roads** From Alaska.
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Fishing with Robson Green** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Our Guy in Colombia**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The duo explore the food provided by British waterways.
6.00 **Rick Stein's Fresh Food** Paul Merrett heads to Billingsgate fish market. **6.30** Cooking on a budget.

5.00 Best of British

7.00 **QI XL** With guests Sue Perkins, Bill Bailey and Romesh Ranganathan.
7.40 **Richard Osman's House of Games** With Olga Koch and Andrew Maxwell. **8.20** Hugh Fearnley-Whittingstall, Jamali Maddix, Jodie Kidd and Suzi Perry take part.
9.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical current affairs quiz.
9.55 **QI XL** Stephen Fry is joined by Charlie Higson, Andy Hamilton, Rob Brydon and Alan Davies to discuss topics including flotsam and jetsam.
11.00 **8 Out of 10 Cats** With Gemma Collins and Jordan Stephens.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **QI XL** As 7.00pm.
2.00 **David Mitchell's Outsiders**
2.50 **to 4.00** AM **Live at the Moth Club**

+1 hour 211/212 327 74

Monday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **A Place in the Sun** Jasmine Harman helps a father and daughter who are moving to Poitou-Charentes.
7.45 **The Great Pottery Throw Down** Ceramic artist Laima Laurina guest judges Raku Week.
9.00 **24 Hours in A&E** A woman is rushed to Queen's Medical Centre after a hit-and-run. **10.00** A man who fell out of bed may have incurred brain injuries.
11.05 **Gogglebox**
12.05 AM **Manhunt**
1.05 **24 Hours in Police Custody: The Predator**
2.40 **Catching a Killer: A Stab in the Dark**
4.05 **to 5.00** AM **Jamie's £1 Wonders**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 10-12/24. (S7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Worst Nightmare:* 2/24. The team search for a kidnapped girl, but have to contend with her grandfather. **7.00** *Short Fuse:* 3/24. A robber is shot dead. **8.00** *Royals and Loyals:* 4/24. Guest stars Tracy Middendorf. (S8) **9.00** New episode *The Stories We Leave Behind:* 2/10. The agents work on one of Ducky's unfinished cases. (S21)
10.00 **Law & Order: Special Victims Unit** *Redemption:* 6/23. Stabler investigates a serial killer. (S3)
11.00 **Law & Order: Special Victims Unit** (S12)
1.50 AM **Criminal Minds**
2.50 **New York Undercover**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A 66-year-old man with a dangerously high heart rate is brought in.
9.00 **Ambulance: Code Red** Paramedic Jack attends the scene of a double stabbing in Birmingham.
10.00 **Skin A&E**
11.00 **A&E After Dark**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **Dexter** 7&8/12. (S1)
3.00 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.30 PM **FILM The Virginian** Western remake. (1946, PG, 90min) ★★
2.15 **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Rescue 999: Seconds to Save a Life**
9.00 **Monsters of the Deep: 20,000 Leagues Under the Sea**
10.00 **FILM The Glimmer Man** Action crime thriller starring Steven Seagal. (1996, 18, 91min) ★
11.55 **Extreme Tow Truckers**
12.55 AM **Ice Cold Catch**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build** Nick Knowles and the team visit Chesterfield. **7.00** The team help to finish a home in Conwy.
8.00 **Pete Wicks: For Dogs' Sake** Pete meets a puppy who needs urgent treatment.
9.00 **999 Rescue Squad** A Lamborghini supercar bursts into flames. **10.00** Floodwaters swamp a Yorkshire town.
11.00 **Louis Theroux: Life on the Edge**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **Property Brothers: Forever Homes**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.20 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *Catch of the Day:* 3/4. A severed human hand is found in a crayfish pot. (S2)
10.00 **New Tricks** *Loyalties and Royalties:* The team investigate the death of a rock star. Guest stars Roger Lloyd Pack.
11.20 **Bergerac**
12.20 AM **Lovejoy**
2.45 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Really

142 128 17 145

6.00 AM **Celebrity Fantasy Homes** Victoria Hervey looks for a rural retreat.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition Angus finds musical gems including Eric Clapton's old gear in an unusual home. **10.00** Angus attempts to find new homes for the beloved belongings of a departed father. **11.00** Angus encounters a 4,000-piece collection of royal memorabilia.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole** Double bill of editions.
7.00 **Tenable** Warwick Davis hosts as a team of five called Young's Offenders compete.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Battle Honours**
9.10 FILM **Depth Charge** Thriller with Eric Roberts. (2008, 12, 90min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **Johnson County War** 1&2/2. Western.
4.45 FILM **Prairie Fever** Western drama. (2008, PG, 81min) ★★★
6.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 FILM **Redemption Day** Action thriller starring Gary Dourdan. (2021, 15, 99min) ★★
11.15 FILM **Dragon Eyes** Crime drama with Jean-Claude Van Damme. (2012, 18, 87min) ★★
1.15 AM FILM **Earthtastrophe** Thriller. (2016, PG, 82min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Next Stop Murder** Crime thriller. (2010, PG, 90min) ★★
11.00 FILM **Dating to Kill** Thriller. (2019, 12) ★★
1.00 PM FILM **Til Ex Do Us Part** Crime thriller. (2018, 12, 89min) ★★
3.00 FILM **Fatal Defense** Thriller. (2017, 12) ★★
5.00 FILM **Fatal Reunion** Thriller with Erika Eleniak. (2005, 12, 96min) ★★
7.05 FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
9.00 FILM **Mile 22** Thriller. (2018, 18, 94min) ★★★
11.00 FILM **The Forger** Thriller. (2014, 15, 92min) ★★
1.00 AM FILM **Fixer Upper Mysteries: Framed for Murder** Crime drama. (2017, PG, 83min) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM FILM **Killer Night Shift** Thriller. (2018, 15, 81min) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **Can't Buy My Love** Romantic comedy. (2017, PG, 90min) ★★
10.15 FILM **The Story of Us** Comedy. (2019, PG) ★★
12.10 PM FILM **Bottled with Love** Romantic drama. (2019, PG, 85min) ★★
2.00 FILM **Romance Retreat** Romantic comedy. (2019, PG, 90min) ★★
3.50 FILM **This Little Love of Mine** Romantic drama. (2021, U, 91min) ★★
6.00 FILM **Love at Mariposa Beach** Romantic drama. (2022, PG, 90min) ★★
8.00 FILM **Key to Love** Drama. (2023, U, 90min) ★★
9.55 FILM **Love Off the Page** Romantic drama. (2022, PG, 87min) ★★
11.50 FILM **Cupid, Inc** Comedy. (2012, PG, 90min) ★★
1.55 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **Lucky in Love** Romantic drama. (2014, 12, 87min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
9.00 **Space 1999** 10/24. (S1)
10.00 **I Dream of Jeannie** (S1)
10.30 **Watching** 4/11. (S5)
11.00 **A Fine Romance** (S3)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Fantastic Journey**
1.00 PM **Department S** (S2)
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 4/11. (S5)
6.00 **I Dream of Jeannie** (S1)
6.30 **Married... with Children**
7.00 **Blue Thunder** 6/11. (S1)
8.00 **Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... with Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy show.
11.30 **Hammer House of Horror** 5/13. (S1)
12.30 AM **Shine on Harvey...**
1.30 **Arthur C Clarke**
2.30 **Monkey** 11/26. (S1)
3.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Outback Crystal Hunters** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Trouble is brewing when Bill's back-up block goes missing. **8.00** The *Wizard* catches fire in a storm known as a bomb cyclone.
9.00 **Naked and Afraid XL** A brutal windstorm punishes the survivalists.
10.00 **Naked and Afraid: Alone** A survivalist takes on the African bush.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin Digs Deep** Double bill.
7.00 **The Pioneer Woman**
9.00 **Hairy Bikers Go Local**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman**
5.00 **Hairy Bikers Go Local**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** The chef explores Northern Ireland with Paul Rankin.
10.00 **Adam Richman Eats Football** New edition Adam is in Manchester to watch United play.
10.30 **Adam Richman Eats Britain** From Cheddar.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 10/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 4/22. (S3)
11.00 FILM **Monster Hunters** Action adventure. (2020, 15, 88min) ★
1.00 PM FILM **Treasure Guards** Adventure. (2011, PG, 90min) ★★
3.00 FILM **The Legend of Hercules** Adventure. (2014, 12, 97min) ★★
5.00 **Star Trek** 9/30. (S1)
6.00 **T.J. Hooker** 5/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Runaway Jury** Legal thriller. (2003, 12, 127min) ★★★★
11.30 FILM **Assault on Precinct 13** Thriller. (1976, 15, 90min) ★★★★★
1.20 AM FILM **The Most Dangerous Game** Thriller. (2022, 15, 95min) ★★
3.15 **to 5.00** AM FILM **Instrument of War** Drama. (2017, 12) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **Crack in the World** As 5.00pm.
8.00 FILM **Beware! The Blob** Sci-fi comedy sequel. (1972, 15, 87min) ★★
10.00 **Farscape** 8/22. (S1)
11.00 FILM **The Mummy** Hammer horror. (1959, PG, 88min) ★★★
1.00 PM FILM **Malibu Shark Attack** Disaster movie. (2009, 15, 120min) ★★
3.00 **Farscape** 8/22. (S1)
4.00 **Star Trek** 17/30. (S1)
5.00 FILM **Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
7.00 **Farscape** 9/22. (S1)
8.00 **Star Trek** 18/30. (S1)
9.00 FILM **The Driver** Thriller starring Ryan O'Neal and Isabelle Adjani. (1978, 15, 91min) ★★★★
10.50 FILM **The Family** Thriller with Charles Bronson. (1970, 18, 108min) ★★
1.00 **to 3.00** AM FILM **The Driver** As 9.00pm.

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Evidence of the...**
11.10 **Strange Evidence**
12.10 PM **What on Earth?**
1.05 **Queens of Ancient Egypt** Documentary.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Secrets of the Lost Liners** *MTS Oceanos.*
12.00 M'T **Deadman's Curse**
1.00 AM **Evidence of the...**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **The Hotel Inspector**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** *Etude in Black.*
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** From Australia.
8.00 **Ben Fogle in Winter Wonderland** Featuring a couple who hiked 4,000 miles to get to their new home in Alaska.
9.00 **Yorkshire Great and Small with Dan and Helen** Brontë Country.
10.00 **Jane McDonald: Lost in Japan**
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
2.55 **Somerset: Wonder of the West Country**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A London couple search for a home in Cornwall.
9.00 **Unsellable Houses** New edition Leslie Davis and Lyndsay Lamb convert a couple's sprawling 1970s home into a profitable nest egg.
10.00 **Celebrity IOU** Actor Terry Crews and the team deliver a stunning upgrade to a backyard.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered...**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons**
8.00 **Outdaughtered: Busby Quints**
9.00 NEW SERIES **Baylen Out Loud** Reality series.
10.00 **My Big Fat Fabulous Life** New edition
11.00 **Sex Sent Me to the ER**
12.00 M'T **Monsters Inside Me**
1.00 AM **Extreme Cheapskates**
2.00 **My Big Fat Fabulous Life**
3.00 **Sex Sent Me to the ER**
4.00 **Outdaughtered...**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 7&8/23. (S3)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 1&2/21. (S9)
1.30 PM **Friends** (S9&10)
7.55 **Friends** 10/18. Rachel and Phoebe see Chandler getting into a car with a blonde beauty. **8.25** 11/18. Joey appears on a quiz show. Guest stars Danny DeVito and Donny Osmond. (S10)
9.00 **Impractical Jokers**
10.00 **Mr Bean** 11&12/14. (S1)
11.00 **Drunk History**
12.00 M'T **Jimmy Carr: Stand Up** From London.
1.00 AM **Beavis and Butt-Head** (S1&2)
2.00 **Reno 911!** (S2)
3.00 **Rosie Jones Tries to Help** With Tom Allen.
3.05 **Nigel Ng: The Haiyaa Special** Stand-up.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 1&2/13. (S6)
11.00 **Friends** (S10&2)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 7&8/23. (S3)
5.00 **Becker** 1&2/13. (S6)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA** With guest Greg Proops. **9.30** Series compilation.
10.00 **Friends** (S9&10)
1.05 AM **The Ren & Stimpy Show** Double bill. (S5)
2.00 **The Ricky Gervais Show**
3.00 **Guessable?**
3.45 **Frank Skinner Live at Birmingham Hippodrome** Stand-up.
4.30 **Jimmy Carr: Live**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Manifest** 4/13. (S3)
6.00 **The Flash** 3/18. (S7)
7.00 **MacGyver** (S2)
9.00 **Freddie Down Under** Andrew Flintoff and Rob Penn conclude their barbecue adventure.
10.00 **For Life** *Collars for Dollars:* 5/10. Aaron and Roswell take on a case that could expose police corruption. (S2)
11.00 **The Equalizer** (S3)
1.00 AM **Road Wars**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** With Kate Humble.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 6/14. (S5)
6.25 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
10.00 **Teen Mom 2: From the Beginning** Reality series.
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **Spray Tan Mums: Single and Proud**
9.00 **True Life Crime UK** Linda Adey looks into the case of Kirsty Maxwell, who was found dead near a hotel pool in Benidorm.
10.00 **Skin A&E**
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran hang on by a thread with some 'Sucky Silky Dancers'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** The Raneys pull out some creative builds to help a Colorado veteran.
3.00 **Gold Rush** Double bill.
5.00 **Deadliest Catch** Jake risks an entry into St. Paul harbour.
6.00 **Wheeler Dealers** Mike nabs a bargain Ford Focus ST, but Elvis discovers that the engine needs a full rebuild.

9.00 Custom Carolina

7.00 Salvage Hunters Drew Pritchard does battle at a castle in Essex, driving a hard bargain on automobile memorabilia.

8.00 Kindig Customs A new client, Rick Mezich from *Deadliest Catch*, tests Dave's design prowess on his CF1.

9.00 Custom Carolina New edition Tommy finds a partially restored 1960 Chevy C10 pick up that has been abandoned.

10.00 Texas Metal New edition The team's skills are put to the test on a build they have never done before – a 1964 Rolls-Royce.

11.00 **Gold Divers** Shawn reaches for gold in deeper waters.
12.00 M'T **Street Outlaws** AZN and Farmtruck head to Kansas to fish with the new Gonorail.
1.00 AM **Custom Carolina**
2.00 **Texas Metal** As 10.00pm.
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Jungle Shark**
3.00 **Deadliest Sharks** A profile of the oceanic white tip sharks.
4.00 **Dr Jeff: Rocky Mountain Vet** The team care for kittens. **5.00** Dr Jeff helps miniature Australian shepherd dogs.
6.00 **Extinct or Alive** Forrest Galante searches Madagascar for the Malagasy dwarf hippo.

9.00 Rugged Justice

7.00 How Do Animals Do That? How one fish is blowing scientists away. **7.30** How a fish makes a weapon out of water.

8.00 Swimming with Monsters with Steve Backshall The naturalist travels to Brazil to swim with anacondas.

9.00 Rugged Justice Officers arrest an intoxicated and belligerent driver, while a suspect with a warrant is apprehended.

10.00 Alaska: The Last Frontier Otto and Eivin fix the homestead's fences to contain their herd of cows.

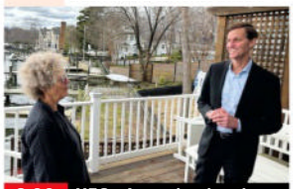
11.00 **Swimming with Monsters with Steve Backshall** The naturalist attempts to swim with hippopotamuses.
12.00 M'T **Monsters Inside Me** A boy drowns in his own mucus.
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Peru**
12.00 NOON **Car S.O.S**
1.00 PM **Disaster Autopsy**
2.00 **Air Crash Investigation**
3.00 **Lost Nukes of the Cold War: Drain the Oceans**
4.00 **Mysterious Islands**
5.00 **Car S.O.S** Restoring a 1990s Japanese super saloon.
6.00 **Air Crash Investigation** Investigating whether a plane crash was a terrorist attack.


8.00 UFOs: Investigating the...

7.00 Air Crash Investigation A mid-air explosion rocks Southwest Airlines 1380, and flight attendants make a horrifying discovery.

8.00 UFOs: Investigating the Unknown New edition The commercial pilots who fear for their jobs after encountering UFOs.

9.00 To Catch a Smuggler New edition HSI discover overcrowded stash houses used to hide human cargo.

10.00 Ice Road Rescue: Highway Havoc New edition A look back at highlights of the series.

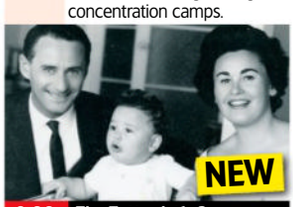
11.00 **Air Crash Investigation** A fatal crash in Texas in 1985.
12.00 M'T **No Man Left Behind**
1.00 AM **Atlas of Cursed Places**
2.00 **Abandoned** An old church.
2.30 **Lords of War** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Container Wars**
7.45 **Forged in Fire**
8.45 **Storage Wars** Six editions.
11.30 **No Asylum: The Untold Chapter of Anne Frank's Story** Efforts by the Frank family to evade the Nazis.
12.40 PM **Auschwitz: One Day**
2.00 **Beyond the Myth: The SS Unveiled** Five editions of the documentary, including at: **6.00** The SS Death Head's Unit, tasked with guarding concentration camps.



9.00 The Tattooist's Son

7.00 Beyond the Myth: The SS Unveiled A cult surrounding 'old comrades' that remains to this day.

8.00 Great Escapes with Morgan Freeman Investigating how the story of the Holocaust reached the world.

9.00 NEW The Tattooist's Son: Journey to Auschwitz Gary Sokolov visits the wartime camp through the infamous Arbeit Macht Frei gatehouse.

10.40 Numbered The dark stories of the markings placed on prisoners in the wartime Auschwitz camp.

12.00 M'T **Storage Wars** Kenny finds the time to make a nice profit piece by piece. **12.30** AM Kenny takes advantage of others' missteps to grab a unit.
1.00 **Storage Wars**
2.25 **The Lost Women Spies**
3.35 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **WW2: Frontlines**
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2: Frontlines**
5.00 **World War Weird** A sighting of angels during World War One.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from an 18th-century cotton mill on the banks of the River Clyde.

9.30 Villages by the Sea

7.00 Canal Boat Diaries Robbie Cumming faces his toughest trip yet as he battles through water weed on the Bradley Arm.

8.00 Turkey with Simon Reeve Part two of two. Simon travels along the Black Sea Coast to the capital city of Ankara.

9.00 Villages by the Sea Ben Robinson uncovers the secrets of Tintagel. **9.30** Ben visits Craster in Northumberland.

10.00 Bangers & Cash Derek picks up a quartet of tasty vehicles from a farm in Shropshire, including a 1937 Austin Seven van.

11.00 **Abandoned Engineering** Eerie ruins hiding in the forested hills of Arkansas, and a gulag in Albania that housed enemies of the state.
12.00 M'T **Great American Railroad Journeys**
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Outback Truckers** New edition Jack Macrae manoeuvres a massive house through extreme weather conditions.
9.00 **Opal Hunters: Red Dirt Road Trip** New edition Rod and JC prospect a defunct diamond mine.
10.00 **Mystery at Blind Frog Ranch** Duane and his team discover evidence of Aztec artifacts.
11.00 **Wheeler Dealers**
1.00 AM **Chasing Classic Cars** Four editions.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes... Lancashire**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Crime Stories**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Faking It: Tears of a Crime** Jamie Lavis.
8.00 **Murder on CCTV**
10.00 **On the Case with Paula Zahn** New editions A young mother killed in her bed. **11.00** A puzzling crime.
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Tara Swilley.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** The UK's biggest Blue Badge fraud is unearthed.
8.00 **Shocking Crimes: Murder Book** A veteran investigator is brought out of retirement to track down a cop killer.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **Murder UK** New edition Years after David Clarke's death, a confession tape reveals a betrayal between feuding neighbours.
11.00 **Evidence of Evil** The case of actor Gemma McCluskie.
12.00 M'T **48 Hours**
1.00 AM **Forensic Factor**
2.00 **Murder UK**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **The Real Prime Suspect** Double bill.
11.00 **Medical Detectives**
2.00 PM **The Truth About My Murder** Dr Richard Shepherd examines the death of Deborah Chong. **3.00** The cold case murder of Linda Curry.
4.00 **Medical Detectives** A film plot reveals clues to a woman's murder. **4.30** A rare clue helps police track down a killer of a teenage girl. **5.00** A man is found shot dead in his home. **5.30** Sonic technology helps unravel a murder. **6.00** A man's motives for killing an intruder are called into question. **6.30** A man is accused of shooting his wife.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Megan Newton.
3.00 **Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **Most Evil Killers**
9.00 **Made for Murder**
10.00 **The Killer Within**
11.00 **How I Caught the Killer**
12.00 M'T **Most Evil Killers**
1.00 AM **Murders That Shocked the Nation**
2.00 **World's Most Evil Killers** New edition
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **A Short History of the Moors** As 9.55pm.
9.10 **Blood of the Clans**
10.25 **Prisoner Number A26188: Henia Bryer**
11.20 **Schindler: The Real Story** As 8.10pm.
1.00 PM **Mafia's Greatest Hits**
2.10 **Blood of the Clans**
3.20 **Prisoner Number A26188: Henia Bryer**
4.15 **Schindler: The Real Story** As 8.10pm.
6.00 **Blood of the Clans**
7.15 **Prisoner Number A26188: Henia Bryer** A Jewish woman who survived four Nazi concentration camps.
8.10 **Schindler: The Real Story** Exploring the story of Oskar Schindler.
9.55 **A Short History of the Moors** The architectural legacy of the Moors.
11.05 **Prisoner Number A26188: Henia Bryer**
12.00 M'T **to 2.00** AM **Schindler: The Real...**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mission to Burnley**
7.00 **Discovering: Robert De Niro**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Ghislaine Maxwell: Epstein's Shadow** As shown at 7.00pm.
11.00 **UFO** As shown at 8.00pm.
12.00 NOON **I Am Alfred Hitchcock**
1.50 PM **My Icon: Kadeen Corbin**
2.00 **Fashion Reimagined**
4.00 **The Directors**
5.00 **Discovering: Robert De Niro**
6.00 **The Seventies**
7.00 **Ghislaine Maxwell: Epstein's Shadow** 1/3. Investigating the complicated and mysterious life of the former socialite.
8.00 **UFO** 1/4. Documentary exploring people's fascination with unidentified flying objects.
9.00 **The Commandant's Shadow** Documentary about the son of the man who was in charge of Auschwitz concentration camp.
11.00 **Lancaster** Documentary.
1.00 AM **Twist of Faith**
2.50 **Everton: Howard's Way**
5.00 **to 6.00** AM **Discovering: Robert De Niro**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Dogs: Pack Vs Pride**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Living Beach**
10.00 **Africa's Wild Horizons**
11.00 **Orangutan Jungle School**
12.00 NOON **Kalahari: Land of Secret Alliances** Documentary.
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Living Beach**
4.00 **Africa's Wild Horizons**
5.00 **Gangs of Lemur Island**
6.00 **Kalahari: Land of Secret Alliances** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Wild Latin America** A newborn whale sets out on a migration.
9.00 **Wildlife ER**
10.00 **Kalahari: Land of Secret Alliances** Documentary.
11.00 **Gangs of Lemur Island**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Rockies**
2.00 **Wild Latin America**
3.00 **Wildlife ER**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **How the Nazis Lost the War**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Plantagenet Canterbury.
2.00 **Secrets of Great British Castles** Lancaster Castle.
3.00 **How the Nazis Lost the War**
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** A spectacular mass UFO sighting over the city of Phoenix, Arizona, in 1997.
8.00 **Instruments of Death**
9.00 **The Nostradamus Effect**
10.00 **I Saw It: Bigfoot and Beyond**
11.00 **Royal Murder Mysteries**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Medieval Lincoln.
3.00 **Walking Through History**
4.00 **Weird or What? With William Shatner**
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Fear Thy Neighbour**
3.00 **Killer Britain with Dermot Murnaghan** Mitesh Patel.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition Documentary.
9.00 **NEW Natural Born Killer** The story of Vincent Stafford.
10.00 **Very Scary People**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **Natural Born Killer**
2.00 **Very Scary People**
3.00 **Fear Thy Neighbour**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Last of the Giants: Wild Fish**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Bull Shark Vs Hammerhead**
3.00 **Jaws Invasion**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City: Simon Goes Wild**
7.00 **Secrets of the Zoo**
8.00 **The Hummingbird Effect** A look at Costa Rica's dazzling diversity of hummingbirds.
9.00 **Wild Costa Rica** A look at Costa Rica's wildlife.
10.00 **Predator Bloodlines** The matriarch of a clan nears the end of her life.
11.00 **Ice Road Rescue**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Tony Robinson's VE Day: Minute by Minute** A look back at the key events of VE Day.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway** A UFO sighting in Phoenix leads Chuck and the team to Sedona, Arizona.
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 3/3. Henry Cole faces his biggest challenge yet – crossing the infamous Nullarbor Plain, some 2,000km of nothing.
12.00 M'T **Mysteries of the Deep**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Mistresses** 3/6. Trudi confronts Richard about the thousands of pounds disappearing from his account every month. Katie is confused following her kiss with Jack and questions whether she can handle the constant temptation. Hari tries to get his relationship back on track, while Jessica is struck by an unfamiliar feeling of jealousy. (S2)
10.20 **The Bill** *What Are Little Boys Made Of?* 6/12. The team investigate a bus crash and try to crack down on bicycle theft. **11.20** *Blind Alleys, Clogged Roads:* 7/12. Roach suspects an assassination when Carver looks into a suspicious drowning. (S3)
12.20 AM **Pointless** Double bill.
2.20 **Mistresses** As 9.00pm.
3.30 **to 6.00** AM **999 Rescue Squad**

+1 hour 266 376

ID

154 166

8.00 AM **Atlanta Justice**
9.00 **Betrayed**
11.00 **Til Death Do Us Part**
1.00 PM **Murder Decoded**
3.00 **The Wonderland Murders**
5.00 **Twisted Sisters**
7.00 **Murder in the Heartland** The shooting of Robert and Norma Bean in Howard City, Michigan. **8.00** In Ohio, college junior Emily Murray went missing one night after quitting her job at a bar. A month later, her body is discovered in a remote trailer.
9.00 **No One Can Hear You Scream** The story of an Arkansas real-estate agent who showed a rural home to some prospective buyers. When she arrived, her worst fear came true.
10.00 **What Lies Beneath** The death of a Kentucky teenager.
11.00 **People Magazine Investigates: Cults**
12.00 M'T **Grave Secrets**
2.00 AM **Twisted Sisters**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Big** Richard joins the crew of the *Marie Maersk* container ship.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Sky Cinema Preview**
6.50 **Problemista** Offbeat comedy. (2024, 15, 104min) ★★★
8.40 **Timestalker** As 6.20pm.
10.20 **The Killer** As 10.00pm.
12.30 PM **Bad Boys: Ride or Die**
2.30 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
4.40 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 100min) ★★★★
6.20 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★

8.00 Bad Boys: Ride or Die

8.00 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Killer Thriller starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. With Sam Worthington and Diana Silvers. (2024, 15, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Last Stop in Yuma County** As shown at 4.40pm.
2.00 **The Convert** Action drama. (2024, 15, 119min) ★★★★
4.10 **to 6.00** AM **Parachute** Comedy drama with Courtney Eaton and Thomas Mann. (2023, 15, 108min) ★★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **Ghostbusters: Frozen...**
8.00 **Kick-Ass 2** As 2.00am.
9.55 **Hulk** Fantasy with Eric Bana. (2003, 12, 138min) ★★★
12.15 PM **Ghostbusters: Frozen Empire** Supernatural comedy. (2023, 12, 115min) ★★★
2.15 **IF** Fantasy with Ryan Reynolds. (2024, U, 104min) ★★★
4.05 **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★
6.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★

6.05 Miss Congeniality

8.00 Mamma Mia! Musical starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Mamma Mia! Here We Go Again Musical sequel starring Amanda Seyfried. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Mean Girls** Musical adaptation of the 2004 teen comedy, starring Angourie Rice. (2023, 12, 112min) ★★★
2.00 AM **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
3.55 **to 6.00** AM **Absolution** Thriller starring Liam Neeson. (2024, 15, 112min) ★★★

Sky Cinema Drama

310 410 510 524

6.40 AM **The Cinema List: Biopic**
6.55 **Cicada** Romantic drama. (2020, 15, 96min) ★★★★
8.45 **Ben-Hur** Spectacular multi-Oscar-winning epic. (1959, PG, 212min) ★★★★★
12.40 PM **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
2.30 **Allelujah** Comedy drama. (2022, 12, 99min) ★★★
4.25 **Quartet** As shown at 12.45am.
6.10 **Lost in Translation** Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
8.00 **Out of Africa** Oscar-winning romantic epic about the passionate affair between a Danish aristocrat and an English adventurer in East Africa. Stars Meryl Streep and Robert Redford. (1985, PG, 162min) ★★★★
10.40 **Mother!** Thriller with Jennifer Lawrence and Javier Bardem. (2017, 18, 121min) ★★★★
12.45 AM **Quartet** Comedy drama starring Maggie Smith, Tom Courtenay and Billy Connolly. (2012, 12, 94min) ★★★★
2.25 **The Starling Girl** Drama. (2023, 15, 117min) ★★★★
4.35 **to 6.00** AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.35 AM **I.S.S** As shown at 3.25am.
9.25 **Star Trek V: The Final Frontier** Sci-fi adventure sequel. (1989, PG, 100min) ★★
11.25 **The Adjustment Bureau** Sci-fi thriller. (2011, 12, 105min) ★★★★
1.25 PM **Ready Player One** Steven Spielberg's fantasy adventure. (2018, 12, 140min) ★★★★
3.55 **Vampire in Brooklyn** Horror comedy. (1995, 15, 101min) ★★
5.50 **Star Trek VI: The Undiscovered Country** Sci-fi adventure sequel. (1991, PG, 109min) ★★★★
8.00 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. (2009, 12, 110min) ★★★
10.00 **Annabelle** Horror spin-off from *The Conjuring*, starring Annabelle Wallis and Ward Horton. (2014, 15, 97min) ★★
11.45 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
1.20 AM **The Birds** Alfred Hitchcock's classic horror. (1963, 15, 118min) ★★★★★
3.25 **I.S.S** Thriller starring Ariana DeBose. (2023, 15, 95min) ★★★
5.10 **to 6.40** AM **It Came from Outer Space** Sci-fi thriller. (1953, b/w, PG, 81min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.05 AM **Beethoven** As 3.20am.
8.45 **Twist** As shown at 11.55pm.
10.30 **The NeverEnding Story** Children's fantasy adventure. (1984, U, 94min) ★★★
12.15 PM **The BFG** Fantasy. (2016, PG, 117min) ★★★★
2.20 **Johnny English** Comedy. (2002, PG, 88min) ★★★
4.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
5.35 **IF** Fantasy with Ryan Reynolds. (2024, U, 104min) ★★★

5.35 IF

7.25 **Dungeons & Dragons: Honour Among Thieves** Adventure starring Chris Pine. A thief and a band of unlikely adventurers embark on an epic quest to retrieve a lost relic. (2023, 12, 134min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Karate Kid** Martial arts adventure starring Ralph Macchio as a teenager who learns karate to combat the local motorcycle gang. With Noriyuki 'Pat' Morita. (1984, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Twist** Crime comedy starring Michael Caine. (2021, 12, 90min) ★★★★
1.30 AM **IF** As shown at 5.35pm.
3.20 **Beethoven** Family comedy starring Charles Grodin. (1992, U, 87min) ★★★
4.50 **to 6.30** AM **The Secret Kingdom** Fantasy adventure starring Sam Everingham. (2023, PG, 98min) ★

Sky Cinema Stunts

307 407 507 521

6.30 AM **Assassin** As 1.10pm.
8.00 **The Old Way** As 1.55am.
9.40 **Vendetta** As 3.35am.
11.20 **Seeking Justice** Thriller. (2011, 15, 104min) ★★
1.10 PM **Assassin** Action thriller. (2023, 15, 88min) ★★★
2.40 **Haywire** Action thriller. (2012, 15, 88min) ★★★★
4.15 **Retribution** Action thriller. (2023, 12, 91min) ★★
5.50 **Shooter** Action thriller. (2007, 15, 125min) ★★★★

10.00 The Beekeeper

8.00 **John Wick** Action thriller starring Keanu Reeves and Willem Dafoe. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Beekeeper** Action thriller starring Jason Statham. An apparently unassuming man seeks vengeance when someone important to him is scammed and driven to harm. With Jeremy Irons. (2023, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Blade** Adventure chiller. (1998, 18, 121min) ★★★
1.55 AM **The Old Way** Western. (2023, 15, 95min) ★★
3.35 **Vendetta** Action thriller. (2022, 15, 96min) ★★
5.15 **to 6.50** AM **Haywire** (2012)

Sky Cinema Comedy

308 408 508 522

7.20 AM **No Hard Feelings** (2023)
9.10 **Fletch** As shown at 10.05pm.
10.55 **The Blackening** Horror comedy. (2022, 15) ★★★★
12.40 PM **Two Weeks Notice** Romantic comedy with Hugh Grant. (2002, 12, 101min) ★★★
2.25 **How to Be Single** As 11.50pm.
4.20 **No Hard Feelings** Comedy. (2023, 15, 103min) ★★★
6.10 **HouseSitter** Romantic comedy starring Steve Martin. (1992, PG, 102min) ★★★

10.05 Fletch

8.00 **Crazy Rich Asians** Romantic comedy starring Constance Wu and Henry Golding. A professor heads to Singapore with her boyfriend, and is surprised to learn he is from an extremely wealthy family. (2018, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

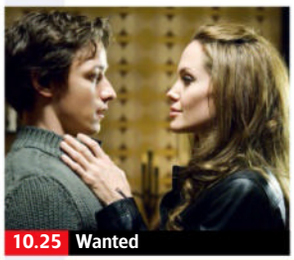
10.05 **Fletch** Comedy adventure starring Chevy Chase as an undercover reporter investigating a drug ring in LA. With Dana Wheeler-Nicholson. (1985, PG, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **How to Be Single** Comedy. (2016, 15, 107min) ★★★
1.45 AM **Sumotherhood** Comedy drama. (2023, 15, 97min) ★★★
3.30 **Everybody Wants Some!!** Richard Linklater's comedy. (2016, 15, 117min) ★★★★
5.30 **to 7.20** AM **She's Out of My League** Romantic comedy. (2010, 15, 100min) ★★★

Sky Cinema Thriller

309 409 509 523

6.00 AM **Sky Cinema Preview**
6.30 **One Day as a Lion** (2023)
8.10 **We Own the Night** (2007)
10.15 **Parallel** As shown at 12.30am.
11.55 **Marnie** As shown at 8.00pm.
2.15 PM **Along Came a Spider** Psychological thriller. (2001, 15, 103min) ★★★
4.10 **One Day as a Lion** Thriller. (2023, 15, 87min) ★★★
5.55 **We Own the Night** Crime drama with Joaquin Phoenix. (2007, 15, 117min) ★★★


10.25 Wanted

8.00 **Marnie** Hitchcock's classic psychological thriller starring Tippi Hedren and Sean Connery. A wealthy publisher marries a compulsive thief and tries to unravel her mysterious past. With Diane Baker. (1964, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Wanted** Fantasy thriller with James McAvoy and Angelina Jolie. A timid office worker discovers that his destiny is linked to a secret fraternity of super-assassins. (2008, 18, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
2.10 **Along Came a Spider** (2001)
4.05 **Barber** Mystery drama. (2023, 15, 90min) ★★★
5.50 **to 7.35** AM **Hypnotic** Thriller. (2023, 15, 93min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Blue Lamp** Drama. (1949, b/w, PG, 81min) ★★★★
12.55 PM **True Grit** Oscar-winning Western starring John Wayne. (1969, PG, 128min) ★★★★★
3.35 **The Devil at 4 O'Clock** Adventure starring Spencer Tracy. (1961, PG, 126min) ★★
6.20 **A Knight's Tale** Medieval romantic action comedy starring Heath Ledger. (2001, PG, 132min) ★★★

9.00 Flamin' Hot

A Knight's Tale (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 PREMIERE **Flamin' Hot** Comedy drama starring Jesse Garcia. In the mid-1970s, a cleaner at a snack company suggests a spicy twist to one of the brand's most popular lines. (2022, 12, 98min) ★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Knives Out** Comedy mystery starring Daniel Craig. The apparent suicide of a wealthy crime novelist is investigated by a private detective. (2019, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.35 **to 3.30** AM **Pixie** Crime comedy starring Olivia Cooke. (2020, 15, 94min) ★★★★

+1hour 314 430 47 301

8 PM 9 PM 10 PM 11 PM

Sky Cinema Feel Good

302 402 502 516

6.55 AM **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
8.35 **Johnny English** Comedy. (2002, PG, 88min) ★★★
10.10 **Johnny English Reborn** Comedy sequel. (2011, PG, 101min) ★★★
11.55 **Cinema List: Winter Warmers**
12.10 PM **Bridget Jones: The Edge of Reason** Romantic comedy sequel. (2004, 15, 108min) ★★★

2.00 **Mamma Mia! Here We Go Again** Romantic musical sequel. (2018, PG, 114min) ★★★★
4.00 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
6.15 **The Addams Family** Comedy. (1991, PG, 95min) ★★★★
8.00 **Bridget Jones's Baby** Comedy sequel starring Renée Zellweger. (2016, 15, 123min) ★★★
10.05 **The Big Lebowski** Comedy thriller starring Jeff Bridges. (1998, 18, 117min) ★★★★★

12.05 AM **Long Story Short** Romantic comedy starring Rafe Spall. (2021, 15, 90min) ★★★
1.45 **The Machine** Action comedy. (2023, 15, 112min) ★★★
3.40 **Sasquatch Sunset** Comedy. (2024, 15, 88min) ★★★★
5.15 **to 6.55** AM **Long Story Short**

Sky Cinema Greats

304 404 504 518

6.00 AM **Fist of Fury** As 3.10am.
7.50 **Hondo** As shown at 1.35am.
9.20 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
11.45 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
1.55 PM **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
4.00 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★

5.35 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
8.00 **Blade Runner** Ridley Scott's thriller starring Harrison Ford as the bounty hunter in pursuit of five highly dangerous 'replicants.' (1982, 15, 130min) ★★★★★
10.00 **Star Trek: Generations** Sci-fi adventure with Patrick Stewart. (1994, PG, 118min) ★★★
12.05 AM **It Came from Outer Space** Thriller starring Richard Carlson. (1953, b/w, PG, 81min) ★★★

1.35 **Hondo** Western starring John Wayne and Geraldine Page. (1953, PG, 84min) ★★★
3.10 **Fist of Fury** Hong Kong martial arts thriller starring Bruce Lee. (1972, 18, 106min) ★★★
5.05 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

7.20 AM **The Adventures of Tintin: The Secret of the Unicorn**
9.15 **Dragon Rider** As 10.50pm.
10.55 **The Nut Job** As 7.35pm.
12.30 PM **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101min) ★★
2.20 **The Super Mario Bros Movie**
4.00 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★

5.45 **The Adventures of Tintin: The Secret of the Unicorn** Steven Spielberg's animated adventure with the voice of Jamie Bell. (2011, PG, 106min) ★★★★★
7.35 **The Nut Job** Animated comedy featuring the voice of Will Arnett. (2014, U, 85min) ★★★
9.10 **The Super Mario Bros Movie** Animated family adventure. (2022, PG, 92min) ★★★
10.50 **Dragon Rider** Animation featuring the voice of Felicity Jones. (2020, PG, 91min) ★★★

12.30 AM **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
2.05 **Hotel Transylvania 3: Summer Vacation** As shown at 4.00pm.
3.50 **The Lego Ninjago Movie**
5.40 **to 6.20** AM **Sky Cinema Preview**

Movies 24

312 419

7.00 AM **Married By Mistake** Comedy. (2023, PG, 88min) ★★
9.00 **Aurora Teagarden Mysteries: Haunted By Murder** Crime drama. (2022, PG, 84min) ★★
11.00 **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★
1.00 PM **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
3.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★

5.00 **His and Hers** Romantic drama. (2024, PG, 90min) ★★
7.00 **Harmony From the Heart** Romantic comedy with Jessica Lowndes and Jesse Metcalfe. (2022, PG, 87min) ★★
9.00 **Love On Your Doorstep** Romantic drama starring Stephanie Bennett and Darien Martin. Love starts to bloom between a TV host and a florist with a groundbreaking delivery app as they work on a show. (2023, PG, 86min) ★★

11.00 **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
1.00 AM **The Attraction Test** Comedy. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **The Beauty of Love** Drama. (2021, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Wings Over Africa** Adventure. (1936, b/w, PG) ★★★
7.15 **Those People Next Door** Comedy. (1952, b/w, U) ★★★
8.50 **A Tale of Five Cities** Drama. (1951, b/w, PG, 86min) ★★★
10.40 **Time Without Pity** Thriller. (1957, b/w, PG, 88min) ★★
12.25 PM **Black Beauty** Family adventure starring Mark Lester. (1971, U, 106min) ★★★

2.35 **Vengeance Valley** Western. (1951, PG, 83min) ★★
4.15 **The Delavine Affair** Drama. (1954, b/w, PG, 64min) ★★★
5.30 **Dixon of Dock Green** (S18)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 5/13. (S5)
9.05 **Black Velvet Band** Historical drama starring Nick Berry.
11.10 **Penny Gold** Murder mystery. (1974, PG, 90min) ★
12.55 AM **Kill Me Tomorrow** Thriller. (1957, b/w, U, 80min) ★★

2.35 **Bailout at 43,000** Drama. (1957, b/w, U, 78min) ★★★
4.10 **Half Human: The Story of the Abominable Snowman** Fantasy thriller starring John Carradine. (1957, b/w, 15, 61min) ★★★
5.30 **to 6.00** AM **Dangerous Assignment**

Monday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 **My Icon** Linford Christie.
8.10 LIVE **Big Bash League** The final of the T20 competition.
11.45 **My Icon** Johnny Nelson.
12.00 NOON **The Football Show**
1.00 PM **Transfer Talk**
2.00 **Sports Desk**
3.00 LIVE **WTA & ATP Tennis** Coverage from the Tour events, including the WTA Linz Open and the ATP Open Sud de France.
7.00 LIVE **EFL Burnley v Leeds United.** Coverage of the Championship match staged at Turf Moor. Kick-off is at **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
11.30 LIVE **TGL Jupiter Links Club v Boston Common.** Coverage of the fourth match in the team golf competition staged at Palm Beach Gardens in Florida.
1.30 AM **Sky Sports News**
2.00 **My Icon** Pam Cookey.
2.15 LIVE **ICC U19 Women's World T20** The Super Six Group One match staged at Bayuemas Oval in Pandamaran, Malaysia.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Premier League Highlights** Bournemouth v Nottingham Forest at the Vitality Stadium. **1.30** Brighton & Hove Albion v Everton at the AMEX Stadium. **2.00** Liverpool v Ipswich Town. **2.30** Manchester City v Chelsea.
3.00 **Premier League Highlights** Tottenham Hotspur v Leicester City. **3.30** Crystal Palace v Brentford. **4.00** Action from Aston Villa v West Ham United at Villa Park. **4.30** Highlights from Tottenham Hotspur v Leicester City.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **Ref Watch** Refereeing decisions.
6.30 **Premier League 100**
7.00 **Premier League Review**
8.00 **Gary Neville's Soccerbox**
9.00 **Premier League Review**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Best Goals of the EFL Cup**
8.30 **EFL Trophy** Highlights.
9.00 **Scottish Premiership Round-Up**
9.15 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup** Recent action.
11.00 **Best Moments from the EFL Play-Off Finals (1993-2019)**
12.00 NOON **WSL** Manchester United v Brighton & Hove Albion replay.
2.00 PM **EFL Highlights**
3.00 **Scottish Premiership Round-Up**
3.15 **SPFL Highlights**
3.30 **EFL Highlights**
4.00 **WSL** Recent action.
5.00 **EFL Highlights**
5.30 **Scottish Premiership Round-Up**
5.45 **SPFL Highlights**
6.00 **Bundesliga Highlights Show**
7.00 LIVE **EFL Burnley v Leeds United.** Coverage of the Championship match staged at Turf Moor. Kick-off is at **8.00pm**.
10.30 **Bundesliga Highlights Show**
11.30 **WSL** Highlights from Aston Villa v Manchester City.
12.00 M'T **EFL Highlights**
1.00 AM **EFL** Archive highlights.
2.00 **EFL Highlights**
3.00 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 LIVE **Big Bash League** The final of the T20 competition.
11.45 **ICC Women's World Cup 2017**
12.15 PM **Best of the Big Bash League** Archive highlights.
12.45 **Jimmy Anderson's Greatest Spells** Archive action.
1.00 **SA20** Recent T20 highlights.
2.00 **Big Bash League** The final.
3.00 LIVE **SA20 Paarl Royals v Durban's Super Giants.** Coverage from Boland Park. This meeting last year saw the visitors come away from Paarl with an impressive 57-run victory.
7.30 **Women's ICC World T20** Highlights of England v Scotland.
8.00 **Big Bash League** The final.
9.00 **SA20** Action from recent games.
11.00 **Big Bash League** The final.
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 LIVE **ICC U19 Women's World T20** The Super Six Group One match from Bayuemas Oval.
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

405 515 505 423 443

6.00 AM **APGA Tour**
8.30 **DP World Tour Golf**
1.30 PM **APGA Tour** Action from the Farmers Insurance Invitational.
4.00 **TGL** New York v Atlanta Drive.
6.00 **Ryder Cup Memories**
6.30 **DP World Tour Golf**
7.00 **PGA Tour Golf** A review of the Farmers Insurance Open.
8.00 **Uncommon: Building a Boston Sports Team** Documentary.
8.30 **DP World Tour Golf** The Ras Al Khaimah Championship day four.
9.00 **PGA Tour Golf** A review of the Farmers Insurance Open.
10.00 **Ryder Cup Memories**
10.30 **DP World Tour Golf**
11.00 **Uncommon: Building a Boston Sports Team** Documentary.
11.30 LIVE **TGL Jupiter Links v Boston Common.** Coverage of the fourth match in the team competition staged at Palm Beach Gardens in Florida.
1.30 AM **Celebrity Kop Club**
1.45 **My Ryder Cup**
2.00 **DP World Tour Golf**
3.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA Tennis** The first day of the WTA Singapore Open staged at Kallang Tennis Centre.
2.00 PM **ATP Sizzle Reel 2024**
2.15 **WTA Sizzle Reel 2024**
2.30 **ATP 2024 Best of Jack Draper**
2.45 **Bitesize Tennis** ATP Vienna Open.
3.00 LIVE **WTA & ATP Tennis** Coverage from the Tour events, including the WTA Linz Open and the ATP Open Sud de France.
9.30 **WTA & ATP Tennis** Action from the WTA and ATP Tour events.
1.30 AM **Bitesize Tennis** Highlights.
2.00 **to 6.00** AM LIVE **WTA Tennis** Coverage of the second day's play of the WTA Singapore Open staged at Kallang Tennis Centre.

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **T20 Super Smash Auckland Aces v Wellington Firebirds.** Coverage from Kennards Hire Community Oval.
7.15 **TNT Sports Cricket Reload**
7.30 **Premier League** A replay of Fulham v Manchester United.
9.00 **Serie A** Action from Italy.
11.00 **Champions League Magazine**
11.30 **UEFA Europa League & Conference League Magazine**
12.00 NOON **Premier League Stories**
12.30 PM **PL: Big Interview**
1.00 **Premier League Review**
2.00 **Europa League & Conference League Highlights Show**
3.00 **Champions League Highlights**
5.00 **Premier League Review**
6.00 LIVE **Ultimate Pool** Group Four of the Champions League.
9.30 **Premier League** A match replay.
11.00 **Serie A** Action from Italy.
1.00 AM LIVE **Women's T20 Super Smash Canterbury Magicians v Northern Brave.** Coverage from Hagley Oval.
4.30 **TNT Sports Cricket Reload**
4.45 **to 6.00** AM LIVE **T20 Super Smash Canterbury Kings v Northern Brave.** Coverage of the match from Hagley Oval.

TNT Sports 2

411 871 528 409 431

6.00 AM **Premier League Review**
7.00 **Premiership Women's Rugby**
8.00 **Premiership Rugby Union**
1.00 PM **Women's Ashes**
2.00 **The Edge** Australia v England.
2.30 **Vendee Globe Highlights**
3.00 **Premier League Legends**
4.00 **Serie A** AC Milan v Parma. **5.00** Lazio v Fiorentina.
6.00 **The Edge** Australia v England.
6.30 **Premier League: Big Interview**
7.00 **The Rugby Review** A look back action from matchweek 11 of the Premiership Rugby season.
7.45 **SVNS Highlights** Action from the third round of the season in Perth.
8.45 **Women's One-Day International Cricket** Action from West Indies v Bangladesh at Warner Park Sporting Complex.
9.45 LIVE **Women's International T20 Cricket West Indies v Bangladesh.** Coverage of the first T20 in the three-match series at Warner Park Sporting Complex in Basseterre, St Kitts & Nevis.
1.45 AM **UEFA Champions League Goals Reload** Recent action.
2.00 **MLB: Home Run Derby 2013**
4.00 **MLB: Home Run Derby 2014**
5.45 **to 6.00** AM **MLB Classic**

TNT Sports 3

417 874 529 410 432

6.00 AM **A-League** Highlights.
12.00 NOON **UEFA Champions League Classics** Archive action.
1.00 PM **Premiership Women's Rugby** Leicester Tigers v Loughborough Lightning.
2.00 **Premiership Rugby Union** Harlequins v Northampton Saints. **3.00** Highlights from Gloucester v Leicester Tigers. **4.00** Exeter Chiefs v Saracens. **5.00** Highlights from Bristol Bears v Newcastle Falcons. **6.00** Sale Sharks v Bath.
7.00 **WRC Review** A look back at all the action from Rally Monte Carlo.
8.00 **UEFA Champions League Magazine** News and action.
8.30 **Premier League Legends** A profile of striker Ian Wright.
9.00 **Fishing: On the Bank** With Rob Hughes and Andy Ford.
10.00 **Vendee Globe Highlights** Action from the sailing event.
10.30 **WRC Review** A look back at all the action from Rally Monte Carlo.
11.30 **UEFA Europa League Goals Reload** The pick of the goals from the latest round of fixtures.
11.45 **UEFA Champions League Goals Reload** Recent action.
12.00 M'T **to 6.00** AM **A-League**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
11.00 **Super Bowl LVIII Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football** The latest NFL news and talking points.
3.00 **Super Bowl LVII Highlights** Philadelphia Eagles v Kansas City Chiefs from the 2022/23 season.
5.00 **NFL Highlights** Action from the AFC Championship match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms discuss and debate the biggest stories from around the NFL.
8.00 **NFL Highlights** Action from the NFC Championship match. **9.00** Highlights from the AFC Championship match.
10.00 **Super Bowl LV Highlights** The key moments from Tampa Bay Buccaneers v Kansas City Chiefs from the 2020/21 season.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Bitesize Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
12.00 NOON **SA20** Recent highlights.
1.00 PM **Big Bash League**
5.15 **Super League Highlights**
6.15 **State of Origin Rugby League**
7.00 **Women's State of Origin** Queensland v New South Wales.
8.00 **State of Origin Rugby League** New South Wales Blues v Queensland Maroons from 2024.
9.00 **Big Bash League** Action from the final of the T20 competition.
10.00 **The Rugby Championship** South Africa v New Zealand.
12.00 M'T **Top Rank Boxing Archive**
1.15 AM **Super League Highlights**
2.00 **SA20** Action from recent games.
4.00 **Big Bash League** The final.
5.00 **to 6.00** AM **NRL**

TNT Sports 4

421 876 530 411 434

6.00 AM **UEFA Europa League & Conference League Highlights**
7.00 **UEFA Champions League Highlights Show** Recent action.
9.00 **MLB Classic** Archive highlights.
12.00 NOON **NBA Action** Highlights.
12.30 PM **NBA on Fire** Recent news.
1.00 **NBA** Trail Blazers v Thunder.
2.30 **NBA Classic** Archive action.
4.30 **NBA** Trail Blazers v Thunder.
6.00 **NBA Action** Highlights.
6.30 **NBA Originals** Allen Iverson.
7.30 **NBA** Portland Trail Blazers v Oklahoma City Thunder.
9.00 **Women's Ashes** Australia v England at Adelaide Oval.
10.00 **The Edge** Australia v England.
10.30 **SVNS Highlights** From Perth.
11.30 **Fishing: On the Bank**
12.30 AM **NBA Action** Highlights.
1.00 **NBA on Fire** The latest news.
1.30 **NBA** Trail Blazers v Thunder.
3.00 **Champions League Highlights**
5.00 **to 6.00** AM **Europa League & Conference League Highlights**

Eurosport 1

413 870 521 412 435

6.00 AM **Ski Jumping** In Zao, Japan.
7.00 **Masters Snooker**
9.00 **Alpine Skiing** From Germany. **10.00** From Kitzbuhel, Austria.
11.00 **Ski Jumping** In Zao, Japan.
12.00 NOON **Snooker: German Masters** The 2024 final between Judd Trump and Si Jiahui.
2.00 PM LIVE **Snooker: German Masters** The afternoon session on day one of the tournament staged at Tempodrom Berlin, featuring first-round matches.
5.00 **Australian Open Tennis** Action from the men's singles final.
7.00 LIVE **Snooker: German Masters** The evening session on day one from Tempodrom Berlin, featuring first-round matches.
10.00 **Snooker: German Masters** The afternoon session on day one.
12.00 M'T **Cycling: Challenge Mallorca**
1.00 AM **Cyclo-Cross**
2.00 **Snooker: German Masters**
4.00 **to 6.00** AM **Alpine Skiing**

Eurosport 2

414 871 522 413 436

6.00 AM **Australian Open Tennis**
7.00 **Alpine Skiing** Recent action.
9.00 **Australian Open Tennis**
1.00 PM **Cyclo-Cross**
2.00 LIVE **Cycling: Challenge Mallorca** The women's Binissalem-Andratx Trophy one-day race on the Balearic island.
3.15 **Cycling: Singapore Criterium** Action from the men's road race.
3.30 **Alpine Skiing** From Germany. **4.30** From Kitzbuhel, Austria.
7.00 **Cyclo-Cross** Highlights from Hoogerheide in the Netherlands.
8.00 **Cycling: Challenge Mallorca** A look back at the women's Binissalem-Andratx Trophy race.
9.00 **Australian Open Tennis** Action from the women's singles final. **10.30** The men's singles final.
12.00 M'T **Alpine Skiing**
2.00 AM **Cyclo-Cross** Highlights.
3.00 **Cycling: Challenge Mallorca**
4.00 **to 6.00** AM **Snooker: German Masters**

Sky Sports+

412 518 508 427 447

6.00 AM LIVE **WTA Tennis** Coverage of the opening day's play of the WTA Singapore Open, a hard-court tournament staged at Kallang Tennis Centre.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 LIVE **WTA & ATP Tennis** Coverage from the Tour events, including the WTA Linz Open and the ATP Open Sud de France.
9.00 **Sky Sports News** Round-up of the sports news with live analysis and comment, plus extended interviews with headline-makers.
10.30 **Back Pages Tonight** Featuring a look at the sports headlines in tomorrow's newspapers.
11.00 **Sky Sports News**
2.00 AM **My Icon** Charlotte Edwards.
2.15 **to 5.30** AM LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group Two match at Borneo Cricket Ground in Sarawak, Malaysia.

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1** The 2024 Italian Grand Prix qualifying.
2.15 PM **Lewis' Mercedes Farewell**
2.30 **Ted's Notebook**
3.00 **Formula 1** Another chance to see the 2024 Italian Grand Prix.
7.35 **Ted's Notebook**
8.05 **Formula 1** Season highlights.
8.15 **Sainz Says Farewell**
8.30 **Formula 1** Another chance to see the 2024 Italian Grand Prix at Autodromo Nazionale Monza.
10.30 **Formula 1** Season highlights. **11.00** The Italian Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Tuesday

28 January

Evening Planner

Factual

Inside the Factory
BBC1, 8pm
It's all about book-learning tonight, with Paddy and Cherry following the production process from cover to cover.

Cookery

Great British Menu
BBC2, 8pm
Ed Gamble, Tom Kerridge and new judge Lorna McNee assess dishes inspired by 'Greatest Britons', as the series returns.

Documentary

True Crime Presents: Murder Without Honour
ITV1, 9pm
Investigating the murder of Shafilea Ahmed, who disappeared in 2003.

OnDemand

Paradise
First 3 eps today, then weekly
James Marsden stars as President Cal Bradford, whose murder shocks the people of Paradise.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Silent Witness		10.00 News; Local News	10.40 First...
	102 BBC2	7.00 Villages by the...	7.30 Nadiya's Fast...	8.00 Great British Menu		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 The Martin Lewis Money Show: Live		9.00 True Crime Presents: A Murder...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Fear Clinic: Face Your Phobia		9.00 Manhunt		10.00 Vicky Pattison: My Big Fat Geordie...	
	105 CHANNEL 5	7.00 Lost Dog, Found Dog with Clare Balding		8.00 Dogs Behaving (Very) Badly		9.00 The Castaways		10.00 The Child Snatcher: Hunt for the...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Secret World of Sound with David...		9.00 From			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Traitors US		9.00 Life and Death Row		10.00 Video Nasty	
	116 BBC4	7.00 Canal Boat...	7.30 Yorkshire...	8.00 Going Straight	8.30 As Time Goes By	9.00 Charles I: Downfall of a King		10.00 Storyville: Your Fat Friend	
	118 ITV2	7.00 Wheel of Fortune		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars		10.05 Coleen Rooney: The Real...	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 PopMaster TV		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 The Cleaning Lady		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	‹ 6.50 Billions		7.55 Game of Thrones		9.00 Lockerbie: A Search for Truth		10.05 Riviera	
	110 U&GOLD	‹ 6.40 Dad's Army		8.00 The Good Life	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.40 Good...
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		9.55 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Agatha Christie's Poirot	
	120 ITV4	7.00 The Motorbike Show		8.00 World Rally Championship Highlights		9.00 Giant Lobster Hunters		10.00 Film: Rambo: First Blood Part II	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: Big – Live at the O2		10.00 Film: This Is Spinal Tap	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Rob & Romesh vs Drag		9.00 From			
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Wuthering Heights: Love, Hate and Vengeance			9.20 Titanic: The Musical		
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Inside the Ambulance		9.00 Pete Wicks: For Dogs' Sake		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Gold Rush		10.00 Harpoon Hunters	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Crikey! It's the Irwins				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 WW2: Hell Under the Sea		9.00 Hitler's Last Stand		10.00 Hitler's Death Squad	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 The Lost Women Spies		10.05 Prison Chronicles	
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Speed with Guy Martin		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Ghislaine Maxwell: Epstein's Shadow		8.00 UFO		9.00 King of the Apocalypse			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 The Fall Guy		8.00 The Killer					10.15 Bad Boys: Ride or Die
	302 FEEL GOOD	‹ 6.05 Miss Congeniality		8.00 Along Came Polly			9.35 The Blind Side		
	303 HITS	‹ 6.00 How to Lose a Guy in 10 Days		8.00 Anyone But You				10.00 No Hard Feelings	
	304 GREATS	‹ 5.50 Annie		8.00 Ace Ventura Pet Detective			9.40 Ace Ventura: When Nature Calls		
	305 ANIMATION		7.15 Smallfoot			9.00 The Super Mario Bros Movie			10.40 Paws...
	306 FAMILY		7.05 The Karate Kid Part II				9.15 The Secret Kingdom		
	307 STUNTS	‹ 6.15 John Wick		8.00 John Wick: Chapter 2				10.05 Blade	
	308 COMEDY	‹ 6.20 Bad Neighbours		8.00 Bad Neighbours 2			9.45 Ride Along		
	309 THRILLER	‹ 6.05 Changing Lanes		8.00 Jack Reacher					10.25 Jack Reacher...
	310 DRAMA	‹ 6.20 Lady Bird		8.00 Alfie			9.50 Born on the Fourth of July		
	311 SCI-FI	‹ 5.55 Star Trek: Generations		8.00 Dune: Part Two					
	313 FILM4	‹ 6.40 Jumanji: Welcome to the Jungle				9.00 The Transporter			
SPORT	401 MAIN EVENT	‹ 1.30 Tennis – Live: Coverage from the WTA and/or ATP Tours					9.30 Sky Sports News	10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Netbusters	8.30 Soccerbox	9.00 PL Review		10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights		8.00 Bundesliga Highlights Show		9.00 WSL		10.00 EFL Highlights	10.30 Scottish...
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 SA20					
	410 TNT SPORTS 1	7.00 PL Stories	7.30 PL Big Interview	8.00 A-League...	8.30 Ninja A-League Women...		9.15 Sign Up – Into Football	10.00 T20 Cricket Highlights	
	411 TNT SPORTS 2	7.00 Serie A		8.00 Vendee Globe...	8.30 Women's Ashes		9.30 The Edge	10.00 Fishing: On the Bank	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Defenders: Busting the Bad Guys** Ticket touts. (S)(R)
11.15 **Homes Under the Hammer** New edition From Hartlepool. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A bracelet. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** New edition Herefordshire. (S)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition Decluttering. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 The One Show
Alex Jones and Clara Amfo present the topical show. (S)

7.30 EastEnders
Stacey speaks up for Ruby but ends up regretting it, Jack casts doubt on a lie, while Mo is enlisted in a secret plan. (S)(AD)

8 PM

8.00 Inside the Factory
New edition 5/6. Paddy McGuinness visits the Clays book factory to learn how they produce three million books every week, following the production of 20,000 copies of *Pride and Prejudice*. (S)(AD)

9 PM

9.00 Silent Witness
New episode *Vanishing Point – Part Two:* 8/10. Nikki and the Lyell team work hard to uncover the truth and find a cure as more passengers begin to fall ill on the plane. (S28) (S)(AD)

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 NEW First Communion
Following four Catholic families as they prepare for their children's first Holy Communion and examining modern families' relationship with the church. (S)
11.40 **Pointless Celebrities** Alexander Armstrong and Richard Osman present a star-studded version of the general knowledge quiz, with guests James Jordan, Gemma Collins, Brian McFadden, Ionica Adriana, Melvin Odoom, Hayley Hasselhoff, Charlie Hedges and Melinda Messenger. (S)(R)
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Digging for Britain** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **Wild China** Yunnan Province. (S)(R)
4.15 **The Planets** (S)(R)(AD)
5.15 **Flog It!** From the Boconnoc estate in the Cornish countryside. (S)(R)
6.00 **Richard Osman's House of Games** New edition With former players Fern Britton, JB Gill, John Kearns and Sally Lindsay. (S)
6.30 **Alison Hammond's Florida Unpacked** New edition 2/10. Alison and Aidan feast on chicken and biscuits at a legendary Orlando diner. (S)(AD)

9.45 Live at the Apollo

7.00 Villages by the Sea
Ben Robinson makes an amazing discovery at Norfolk's Holkham Estate. (S)(R)

7.30 Nadiya's Fast Flavours
Nadiya Hussain presents fresh and healthy recipes, including a Thai salad. (S)(R)(AD)

8.00 NEW SERIES Great British Menu
Four chefs from the north-west of England cook canapes, starters and fish dishes, celebrating great Britons of the past. *See feature, page 12.* (S)
■ Continues tomorrow

9.00 QI XL
New edition 14/16. Host Sandi Toksvig is in search of victory with panellists Rob Beckett, Daliso Chaponda, Lara Ricote and Alan Davies. (S)

9.45 Live at the Apollo
New edition 6/7. Iain Stirling introduces comedians Harriet Dyer and Maria Shehata to the stage at London's Hammersmith Apollo. (S)

10.30 Newsnight (S)

11.00 **Weather** (S)
11.05 **Simon Schama's Story of Us** 3/3. A look at the work of three writers who changed people's view of the landscape. (S)(R)(AD)
12.05 AM **Sign Zone: The Traitors** 11/12. The game nears its end as the penultimate day in the Traitors' castle dawns. (S)(R)(AD)
1.05 **Sign Zone: Dragons' Den** (S)(R)
2.05 **Sign Zone: Digging for Britain** A monastery in Wales. (S)(R)(AD)
3.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women: This Is 70+ Special** Topical discussion. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Denise Van Outen and Laurence Llewelyn-Bowen take part. (S)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Jemma takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 The Martin Lewis Money Show

7.30 Emmerdale
Kerry tries to calm Pollard, and an awkward Chas admits to Ruby what she has said. (S)(AD)

8.00 The Martin Lewis Money Show: Live
New edition The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further. (S)

9.00 True Crime Presents: A Murder Without Honour
New edition After a body is found near a river in Cumbria, eight years of tireless investigative work pass until one vital piece of evidence blows the case wide open. (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)
10.45 Who Wants to Be a Millionaire? Celebrity Special
Jeremy Clarkson hosts a celebrity version of the quiz show in which Stephen Fry and Jeanette Kwakye try to answer questions to win big money for their chosen charities. (S)(R)
11.40 **Sorry, I Didn't Know** Guests Adjoa Andoh, Fatiha El-Ghorri, Richard Blackwood and Ignacio Lopez join team leaders Chizzy Akudolu and Eddie Kadi and host Jimmy Akingbola. (S)(R)
12.05 AM **Teleshopping**
3.00 **Lingo** Word-based quiz. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 12-14/26. (S10) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 19-22/24. (S2) (S)(R)
10.40 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Seasonal deadlines crank up the heat in France. (S)
5.00 **Four in a Bed** New edition The second visit is to Drumrush B&B in County Fermanagh. (S)
5.30 **Come Dine with Me** New edition Employee benefits manager Kate hosts night two in Cambridge. (S)
6.00 **A Place in the Sun** New edition A search for a holiday home on the Maltese island of Gozo. (S)

8.00 The Fear Clinic: Face Your Phobia

7.00 News (S)

8.00 The Fear Clinic: Face Your Phobia
New edition Tracey comes into the clinic to treat her fear of open water, while Jenny hopes the team can cure her phobia of rats. (S)(AD)

9.00 Manhunt
Series finale 3/3. Police in Manchester receive intelligence that a known criminal, who is reportedly in possession of a firearm, is planning on attending a concert in the city centre, and try to find him. (S)(AD)

10.00 Vicky Pattison: My Big Fat Geordie Wedding
1/2. The reality star shares an inside look at her wedding to Ercan Ramadan, with ceremonies in London and then in Puglia, Italy. (S)(R)
11.05 **Vicky Pattison: My Big Fat Geordie Wedding** 2/2. The clock is ticking towards Vicky and Ercan's ceremony in Italy. (S)(R)
12.00 M'T **Ramsay's Kitchen Nightmares USA** A failing Italian restaurant in Pennsylvania. (S)(R)
1.00 AM **Undercover Boss USA** (S)(R)
1.50 **The Last Leg** (S)(SL)(R)
2.40 **The Great Pottery Throw Down** 4/10. Raku Week. (S)(SL)(R)(AD)
3.50 **Sunday Brunch Best Bits** (S)(R)
4.05 **Frasier** 4-7/25. (S11) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S9) (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **All of You** Thriller starring Conner Floyd. (S) (2021, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Married couple and retirees Sue and Kenny attempt to make up for lost time. (S)(AD)
5.00 **News** (S)
6.00 **Our Great Yorkshire Life** 2/6. Peter Wright has a special day out planned for wife Lin to celebrate their 35th wedding anniversary. (S)(R)
6.55 **News** (S)

8.00 Dogs Behaving (Very) Badly

7.00 **Lost Dog, Found Dog with Clare Balding** Series finale 4/4. Jennifer Reoch meets a cockapoo that bolted from its dog walker near a military firing range. (S)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Graeme Hall meets a retriever that has a habit of stealing excrement, and a Great Dane who goes berserk every time she sees another dog. (S)

9.00 **The Castaways** New episode 3/5. Caught up in a complex conspiracy that she doesn't understand, Erin puts herself in harm's way in the hope of getting closer to her sister. (S1) (S)(AD)
■ Continues tomorrow

10.00 **The Child Snatcher: Hunt for the Fairground Predators** 1/2. Documentary telling the story of one of the UK's largest murder investigations, with police hunting for a serial killer who abducted and murdered young girls. (S)(R)
11.05 **The Child Snatcher: Hunt for the Fairground Predators** (S)(R)
12.05 AM **Killer at the Crime Scene**
1.00 **PlayOJO Live Casino Show** (S)
3.00 **The Queen's Speeches: In Triumph & Tragedy** (S)(R)
4.15 **House Doctor** (S)(SL)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 3/15. (S5) (S)(R)
5.00 **The Simpsons** *The Girl Code:* A female coder decides to make Lisa her protégée. (S)(R) **5.30** *Friend with Benefit:* Lisa makes friends with a girl whose father is a billionaire. (S)(R)
6.00 **The Office (US)** 25/26. Jim and Pam's new baby leaves them exhausted. (S)(R) **6.30** 26/26. Jo Bennett hunts for a guilty employee. Guest stars Kathy Bates (S6) (S)(R)

9.00 From

7.00 **The Simpsons** *Teenage Mutant Milk-Caused Hurdles:* Bart realises he has a crush on his teacher. (S)(R) **7.30** *Much Apu About Something:* Sanjay's son turns the Kwik-E-Mart into a health-food store. (S)(R)

8.00 **Secret World of Sound with David Attenborough** 3/3. The naturalist takes a look at how baby animals communicate in their quest for survival, using sound to beg and call for help in the early days of life. (S)(R)(AD)

9.00 **From** New episodes *The Light of Day:* 5/10. Victor must face a painful reminder of his past, Julie seeks ways to cope with her trauma, while Boyd struggles to keep the town safe as the residents question his judgement. (S) **10.10** *Scar Tissue:* 6/10. Fatima and Ellis make a big decision about her pregnancy, while Boyd fears for the future of his family. Meanwhile, tensions rise in the Matthews house. (S3) (S)
■ Entire series on Sky Box Sets

11.20 **Brassic** 4/6. A disgruntled woman hires the boys to kill her ex-husband's prized koi carp collection. (S1) (S)(R)(AD)
12.15 AM **The Force: North East** A suspected drink driver passes a breathalyser test. (S)(R)
1.10 **Road Wars** (S)(R)
2.05 **Brit Cops: Rapid Response** (R)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 3/15. (S5) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm Scotcast (S)(R) **12.10am** Pointless Celebrities (S)(R) **12.55** Weather for the Week Ahead (S) **1.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Would I Lie to You? New episode (S) **11.10** NEW SERIES Wynne & Joanna: All at Sea (S) **11.40** First Communion (S)(R)(AD) **12.40am** Pointless Celebrities (S)(R) **1.25-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Legends of Welsh Sport: Liz Johnson – Swimming Against the Tide New edition (S) **11.10** NEW First Communion (S)(AD) **12.10am** Pointless Celebrities (S)(R) **12.55-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions (S) **2.40** The Edge (S)(R) **3.25** The Boss (S)(R) **4.10** Wild China (S)(R)(AD) **5.10-5.15pm** Nigel Slater's Simple Cooking (S)(R)

ITV1

As main ITV1 except:
WALES
10.45-11.40pm Sharp End Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Colleen Ramsey: Bywyd a Bwyd **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Ralïo+ **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Ty Ffit New edition **10.00** Gwladfa: Gwilym Bowen Rhys **10.30-11.35pm** Radio Fa'ma (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Matt LeBlanc test drives the aptly named Ferrari 812 Superfast.
7.55 **The Catch Up**
8.00 **The Traitors US** New edition 2/12. The game is turned on its head by the arrival of three new players and the Traitors commit their inaugural murder.
9.00 **Life and Death Row** New edition 2/3. Following the punishment trial of Patrick McDowell, who murdered deputy sheriff Joshua Moyers in 2021.
10.00 **Video Nasty** 5/6. The teens break into a police station to search for information that might clear their names. **10.30** 6/6. Billy and Con rush to find Zoe at a ceremonial pyre and find that they are the targets of an angry mob. (S1)
11.00 **Man Like Mobeen**
12.05 AM **Top Gear**
1.05 **Life and Death Row**
2.05 **Drugs Map of Britain**
3.00 **to 4.00** AM **Life and Death Row**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Canal Boat Diaries** Robbie Cumming travels along the Rochdale Canal.
7.30 **Yorkshire Wolds Way with Paul Rose** 1/2. The adventurer journeys along the Yorkshire Wolds Way.
8.00 **Going Straight** Fletcher prepares for freedom.
8.30 **As Time Goes By** Jean meets Lionel's father.
9.00 **Charles I: Downfall of a King** 2/3. John Pym tries to pass parliamentary bills limiting the king's power.
10.00 NEW **Storyville: Your Fat Friend** Following the rise of Aubrey Gordon, from anonymous blogger to best-selling author.
11.30 **Storyville: Nelly & Nadine – Ravensbrück, 1944**
1.00 AM **The Windermere Children: In Their Own Words** Documentary.
2.00 **Canal Boat Diaries**
2.30 **Yorkshire Wolds Way with Paul Rose**
3.00 **to 4.00** AM **Charles I: Downfall of a King**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun: Home or Away**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Tim and Rebecca prepare to host their first-ever floral retreat.
5.50 **Car S.O.S** Fuzz and Tim work to secretly restore a classic 1960s Mercedes. **6.55** Fuzz and Tim try to restore an Aston Martin DB6.
7.55 **Grand Designs** A couple plan to build a family home in rural East Sussex almost entirely out of concrete, with construction involving cutting-edge technologies conceived in Switzerland.
9.00 **PopMaster TV** New edition Ken Bruce hosts the third heat, as more music enthusiasts from across the country are put to the test, from one hit wonders to chart-topping legends.
10.00 **24 Hours in A&E** Twelve-year-old Brooke is rushed to St George's after suffering an asthma attack so severe that the paramedic team had to put her in an induced coma.
11.05 **24 Hours in A&E**
12.10 AM **PopMaster TV**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** A strong alliance is formed against Abe.
7.30 **Modern Family** 8/18. Dylan's hippie mother moves into the Dunphy home. (S11)
8.00 **The Simpsons** *Homer Is Where the Art Isn't:* Homer is accused of stealing a painting. **8.30** *Three Scenes Plus a Tag from a Marriage:* Homer and Marge reveal how they ended up being miserable.
9.00 **Celebrity Gogglebox** Appraisals of *The Masked Dancer* and *Jurassic Park*
10.05 **Gogglebox** Opinions on *Casualty* and *Queer Eye*.
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.10 **Celebrity Gogglebox**
2.15 **Gogglebox**
3.10 **Teen First Dates**
4.10 **The Simpsons**
4.35 **Brooklyn Nine-Nine**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Tuesday primetime

Tuesday primetime

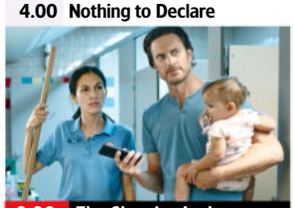
TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **The Force: Manchester**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 16/22. (S6)
12.00 NOON **FBI** 18/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 18/22. Two agents from the Bureau of Land Management go missing in Wyoming. (S4)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**


9.00 The Cleaning Lady

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *All the Rage:* 1/13. When a bus explosion kills several innocent people, the team jump into action. (S6)

9 PM
9.00 **The Cleaning Lady** *The Lion's Den:* 2/10. Thony turns to the syndicate to get medical help for her son after he falls ill. (S1)

10 PM
10.00 **FBI: Most Wanted** *Dysfunction:* 6/15. The team rescue a mother and daughter caught in the crossfire of a robbery. (S2)
11.00 **Fire Country** 5/10. A fire tornado puts lives in peril. (S2)
12.00 M'T **The Rookie** 7/20. (S2)
1.00 AM **Chicago Fire** 12/13. (S12)
2.00 **Chicago PD** 12/13. (S11)
3.00 **Chicago Med** 12/13. (S9)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **The Sopranos** (S5)
10.10 **Billions** 9&10/12. (S3)
12.20 PM **Game of Thrones** (S2)
1.25 **Perry Mason** 3&4/8. (S2)
3.35 **The Sopranos** 12/13. Johnny Sack gives Tony an ultimatum. **4.40** 13/13. Christopher comes up with a story. (S5)
5.45 **Billions** 9/12. Axe makes a bold play to secure capital. **6.50** 10/12. Axe explores an unappealing investment at a desperate moment. (S3)

4.40 The Sopranos

7.55 **Game of Thrones** *A Man Without Honour:* 7/10. Theon tries to prove his Ironborn status, and Jaime Lannister meets a relative among Robb Stark's captives. (S2)

9.00 **Lockerbie: A Search for Truth** 4/5. Jim grows closer to the wrong man, and pulls further away from his family. (S1)

10.05 **Riviera** 1/8. Georgina attempts to restore order to her life by reinventing herself as an art restitution lecturer. (S3)
11.10 **Riviera** 2/8. Daphne tells Georgina that she is struggling to cope. (S3)
12.15 AM **The Wire** 9/12. (S3)
1.30 **Game of Thrones** As 7.55pm.
2.35 **Gomorrah** 1/12. (S4)
3.40 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 12&13/22. (S5)
8.00 **Supergirl** 13/20. (S6)
9.00 **Stargate Universe** (S2)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 15/20. (S6)
1.00 PM **S.W.A.T.** 14&15/22. (S5)
3.00 **NCIS: New Orleans** 6/16. (S7)
4.00 **MacGyver** 3/15. (S5)
5.00 **DC's Legends of Tomorrow** 10/13. The team members are chased by an evil AI and her robo- soldiers. (S7)
6.00 **Stargate Universe** 13/20. An alien ship crashes into Homeworld Command. (S2)

5.00 DC's Legends of Tomorrow

7.00 **Stargate Universe** *Hope:* 14/20. Tamara tells Volker that a kidney transplant is necessary to save his life. (S2)

8.00 **Rob & Romesh vs Drag** The duo dive into the world of drag queens with Michelle Visage, The Vivienne and Baga Chipz.

9.00 **From** New episodes *The Light of Day:* 5/10. Victor faces a painful reminder of his past, and Julie seeks ways to cope with her trauma. **10.10** *Scar Tissue:* 6/10. Fatima and Ellis make a big decision about her pregnancy. (S3)
■ Entire series on Box Sets
11.20 **Brassic** 4/6. A woman hires the boys to kill her ex-husband's prized koi carp collection. (S1)
12.20 AM **A League of Their Own** With Jorginho and Danny Dyer.
1.20 **Road Wars** Double bill.
3.00 **NCIS: New Orleans** 6/16. (S7)
4.00 **MacGyver** 3/15. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **In with a Shout**
3.00 **Charmed** 2/22. (S7)
4.00 **Gilmore Girls** 1/22. (S4)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With Phil Daniels, Steph McGovern and AJ Odudu.

10.05 The Real Wagatha Story

7.00 **Wheel of Fortune** Graham Norton hosts the game show as contestants attempt to win big money prizes.

8.00 **Gordon Ramsay's Food Stars USA** New edition The entrepreneurs kick-start ventures from scratch.

9.00 **Love Island: All Stars** New edition The temperature is rising and nothing is what it seems in paradise.

10.05 **Coleen Rooney: The Real Wagatha Story** 3/3. The court battle between Coleen Rooney and Rebekah Vardy.
11.05 **Family Guy** 10&3/20. (S21)
12.10 AM **American Dad!** (S17)
1.05 **Bob's Burgers** (S9)
2.00 **The Stand Up Sketch Show** Featuring Luke Kempner.
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Paying the Price:* Jack searches for a kidnapper following a young woman's disappearance.
5.55 **Heartbeat** *Consequences:* A redundant church provides Vernon with his next fortune-hunting endeavour.

5.55 Heartbeat

6.55 **Heartbeat** *The Buxton Defence:* The arrival of a Russian chess champion causes a crisis for the constabulary.

8.00 **Vera** *A Certain Samaritan:* The ugly truth about a murder victim's past begins to emerge when the body of a drug dealer washes up on a beach, while Vera copes with revelations of her own. Guest stars Judy Parfitt and Phyllis Logan.

10.00 **Agatha Christie's Poirot** *Cat Among the Pigeons:* A schoolgirl is embroiled in a mystery. Guest stars Harriet Walter.
12.00 M'T **Wire in the Blood** 5/5. Tony visits America to appear as a witness in the case of an Iraq combat veteran accused of multiple murders. (S5)
1.55 AM **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Our Lives: Highland Road Rescue** Following a family-run roadside recovery business in the Highlands.
8.00 **This Farming Life** New edition 2/12. In Fife, rain causes a huge chasm to open up in Jo and Andy's wheat field.
9.00 **NEW SERIES Murder Trial: Girl in the River** 1/2. The murder of schoolgirl Caroline Glachan in August 1996.
10.00 **Darren McGarvey: The State We're In** 3/3. Darren examines the health service.
11.00 **Scotcast** New edition Topical discussion.
11.30 PM **to 12.00** M'T **Best of Only an Excuse?** A selection of classic scenes from 27 years of the hit comedy.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S4&5)
9.20 **The Conners** (S3)
10.10 **Silicon Valley** (S4)
11.30 **High Maintenance** (S1)
12.45 PM **Entourage** (S5&6)
1.50 **Silicon Valley** (S4)
3.10 **High Maintenance** (S1)
4.35 **Ballers** (S4&5)
5.50 **The Office (US)** (S6)
6.50 **The Conners** (S3)
7.50 **Ballers** 3/9. Spencer tries to rein in Lance's many excesses. **8.30** 4/9. Jason turns to Donna for help. (S4)
9.00 **In the Long Run** 5/6. Valentine tells Adelaide exactly how he feels. **9.30** 6/6. Valentine lands a delivery job. (S1)
9.55 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
10.55 **Atsuko Okatsuka: The Intruder** Stand-up.
12.10 AM **Enlightened** (S2)
1.30 **High Maintenance** (S1)
2.55 **to 5.00** AM **Togetherness**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Jonas Kaufman at Arena di Verona**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist...**
1.00 PM **Tales of the...**
2.00 **Landscape Artist of the Year** Hampton Court.
3.00 **Discovering**
4.00 **Classic Albums**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **NEW Wuthering Heights: Love, Hate and Vengeance**
9.20 **Titanic: The Musical**
11.40 **Les Misérables and Victor Hugo**
1.00 AM **Landscape Artist National Trust of the Year Favourites**
2.00 **Landscape Artist of the Year** New edition
3.00 **The Art of Australia**
4.15 **Freddie Mercury: Auction Special**
5.10 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 17/26. (S6)
5.00 **Stargate Atlantis** (S1)
6.00 **Star Trek: Deep Space Nine** 11/26. (S7)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** (S7)
9.00 **FBI: Most Wanted** (S3)
10.00 **FBI: International** *Uprooting:* 17/21. (S1)
11.00 **Britain's Most Evil Killers** The crimes of serial killer Colin Ireland.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Backyard Builds** New edition DIY series.
8.10 **Celebrity Homes**
9.10 **Ainsley's Taste of Malta**
10.10 **Worst to First** New edition
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **Celebrity Homes**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Ainsley's Taste of Malta**
8.00 **Dinner Date**
9.00 **The Real Housewives of Orange County** New edition Reality show.
10.00 **The Real Housewives Ultimate Girls' Trip**
11.05 **Botched** Medical series.
12.00 M'T **Only Way Is Essex**
1.00 **to 1.30** AM **Backyard...**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 4/13. (S2)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 9/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 17–20/25. Four episodes. (S8)
9.00 **Randall and Hopkirk (Deceased)** *All Work and No Pay:* 3/26. Jeannie enlists the help of spiritualists. (S1)
10.00 **The New Avengers** *Obsession:* 5/13. One of Purdey's old flames reappears. (S2)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S8)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **Return of Sherlock Holmes**
9.20 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots**
12.25 PM **Return of Sherlock Holmes** Murder mystery.
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Professionals**
6.00 **BattleBots** New edition Skorpios goes up against Yeti.

9.00 Giant Lobster Hunters

7.00 **The Motorbike Show** Henry Cole and Sam Lovegrove tell the story of two classic British bikes – the Ariel and the Triton.
8.00 **World Rally Championship Highlights** Action from the Rallye Monte-Carlo, the opening round of the campaign.
9.00 **Giant Lobster Hunters** New edition Skipper Myles is on top of the tally-board, but has a big decision to make.
10.00 FILM **Rambo: First Blood Part II** Adventure sequel with Sylvester Stallone. (1985, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Ligue 1 Highlights**
12.30 AM **The Professionals**
1.30 **Return of Sherlock Holmes**
2.30 **Motorsport Mundial**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 8/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 23/26. (S5)
2.00 **Warehouse 13** 4/13. (S2)
3.00 **Stargate SG-1** 10/20. (S8)
4.00 **Star Trek: Voyager** 6/26. (S2)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 8/26. Troi falls in love with a handsome Chrysalian delegate. (S3)

7.00 Warehouse 13

7.00 **Warehouse 13** *Age Before Beauty:* 4/13. Several models at New York Fashion Week age 50 years overnight. (S2)
8.00 **Stargate SG-1** *Endgame:* 10/20. The team embark on a recovery mission after the Stargate is stolen. (S8)
9.00 **The Walking Dead** *Judge, Jury, Executioner:* 11/13. Dale fears the survivors are losing their humanity. (S2)
10.00 **Grimm** *Love Sick:* 17/22. Nick is shocked to find Hank is dating Adalind, a monster he previously encountered. (S1)
11.00 **SurrealEstate** 7&8/10. (S1)
1.00 AM FILM **3 Headed Shark Attack** Action thriller starring Jason Simmons. Passengers fight a deadly great white shark as it eat its way from one end of a cruise ship to the other. (2015, 18, 89min) ★★
3.00 **Room 104** 11&12/12. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 2/16. (S3)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S8)
4.00 **Miss Scarlet and the Duke** 5/6. Eliza finds the heir to an unclaimed fortune and needs Duke's help. (S3)
5.00 **Hudson & Rex** 2/16. A prison van crash frees convicted killer Danny Winters. (S3)
6.00 **Father Brown** As 10.00pm.

10.00 Father Brown

7.00 **The Mentalist** *Blinking Red Light:* 7/24. Jane suspects a blogger of committing multiple murders. (S4)
8.00 **White Collar** *Taking Account:* 7/16. Neal takes a computer hacker's identity and goes on a spending spree. (S3)
9.00 **Death in Paradise** *Music of Murder:* 7/8. An outing to see Dwayne's favourite band is cut short by the murder of the singer. (S1)
10.00 **Father Brown** *The River Corrupted:* Sid returns to Kembleford to ask his old family to help save his new one.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 12/21. A woman wakes up from a four-year coma. (S2)
2.00 **So Help Me Todd** 2/21. (S1)
2.45 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **The Green Green Grass**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

9.20 Gavin & Stacey

7.20 **Dad's Army** Jones misplaces £500 donated by local shopkeepers to provide a new canteen.
8.00 **The Good Life** First episode of the comedy starring Richard Briers.
8.40 **Miranda** A fed-up Miranda packs her bags to go travelling – and this time it's for good.
9.20 **Gavin & Stacey** Pete and Dawn prepare to renew their wedding vows.
10.00 **The Royle Family** Jim and Nana fight over who is going to use the toilet first.
10.40 **The Good Life** As 8pm.
11.20 **Miranda** As 8.40pm.
12.00 M'T **Gavin & Stacey**
12.35 AM **The Royle Family**
1.15 **The Real McCoy**
1.55 **Miranda** As 8.40pm.
2.25 **Gavin & Stacey** As 9.20pm.
2.55 **The Royle Family** As 10pm.
3.30 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **World's Most Dangerous Roads** The Peruvian Andes.
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Fishing with Robson Green** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Our Guy in India**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Fresh Food** A former schoolteacher who lives and eats like a Victorian. **6.30** A cookery school for children and a Welsh bread recipe from the 18th century.

6.00 Rick Stein's Fresh Food

7.00 **QI XL** With guests Julia Zemiro, Matt Lucas and David Mitchell.
7.40 **Richard Osman's House of Games** Guests include Reeta Chakrabarti. **8.20** Hugh Fearnley-Whittingstall, Jodie Kidd, Jamali Maddix and Suzi Perry take part.
9.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts the satirical quiz show.
9.55 **QI XL** Johnny Vegas, Sean Lock, Pam Ayres and regular panellist Alan Davies join host Stephen Fry for questions about 'fight or flight'.
11.00 **8 Out of 10 Cats** With Joel Dommett, Rosie Jones, Ovie Soko and Catherine Bohart.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **QI XL** As 7.00pm.
2.00 **to 4.00** AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Britain's Most Beautiful Road** Following two young entrepreneurs running a takeaway truck serving the finest Highland produce.
8.00 **Grand Designs** Kevin McCloud follows the construction of a home on a tiny plot in Hackney.
9.00 FILM **Free Guy** Adventure comedy with Ryan Reynolds. (2020, 12, 110min) ★★★★
11.15 FILM **Snatch** Guy Ritchie's crime comedy drama starring Jason Statham. (2000, 18, 102min) ★★★★
1.15 AM **The Fall: Skydive Murder Plot** Triple bill.
4.15 **to 4.45** AM **Travel Man: 48 Hours in Washington, DC**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 13-15/24. (S7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Dead Air:* 5/24. The team investigate the deaths of a radio DJ and a naval officer. **7.00** *Cracked:* 6/24. Abby becomes personally involved in a case. **8.00** *Broken Arrow:* 7/24. Guest stars Robert Wagner. (S8)
9.00 **Law & Order** New episode *Human Innovation:* 2/13. A prominent tech CEO is found murdered. (S23)
10.00 **Law & Order: Special Victims Unit** *Scorched Earth:* 1/23. An African immigrant accuses an diplomat of rape. (S13)
11.00 **Law & Order: Special Victims Unit**
2.50 AM **New York Undercover** (S1)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Emergency Call Out** Lisa and Jack respond after a former colleague is bitten by out-of-control dogs.
10.00 **999: Critical Condition**
11.00 **Skin A&E** Documentary.
12.00 M'T **A&E After Dark**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.30 PM FILM **Column South** Western adventure. (1953, U, 85min) ★★
2.15 FILM **The Wild and the Innocent** Western starring Audie Murphy. (1959, PG, 84min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Rescue 999: Seconds to Save a Life** The Hamble lifeboat crew rescue a stricken yacht.
10.00 **Broadmoor: For the Criminally Insane** Life inside the high-security psychiatric hospital.
11.00 **999: Criminals Caught on Camera**
12.00 M'T **Shooter** New episodes 8&9/13. Double bill. (S3)
2.00 AM **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **Inside the Ambulance** Dan and Shane pick up a seriously ill patient.
9.00 **Pete Wicks: For Dogs' Sake** Series finale 4/4. Pete travels to Northern Ireland to pick up three stray dogs and bring them back to Essex.
■ Entire series on U
10.00 **999 Rescue Squad** It's a race against time to dig out a man buried under three tonnes of soil.
11.00 **Louis Theroux: Life on the Edge** Documentary.
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **Jo Frost: Nanny on Tour**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.20 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Jonathan Creek** *Angel Hair:* A composer wonders how his new lover has managed to regrow a full head of hair in two days – a puzzle Carla is eager to solve.
9.20 **New Tricks** Double bill.
11.55 **Bergerac**
12.55 AM **Lovejoy**
2.15 **Birds of a Feather**
2.45 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Celebrity Fantasy Homes** Camilla Dallerup looks for a holiday home.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Long Lost Family** The story of a couple who fought in vain to get their son back through the courts.
10.00 **Alex Polizzi: The Fixer** Alex heads to a troubled family furniture store in Yeadon, West Yorkshire.
11.30 **The Hotel Inspector**
12.30 AM **Ghost Bait**
1.00 **Help! My House Is Haunted** Ian performs exorcism to save a family in Essex.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole** Double bill of editions.
7.00 **Tenable** Warwick Davis hosts as a team of five old school friends compete in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **Wanted: Dead...**
8.50 **FILM Bullet to Beijing** Espionage thriller sequel. (1995, 15, 101min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Hellgate** Western drama. (1952, b/w, PG, 87min) ★★
2.55 **FILM Gun Fury** Western. (1953, U, 83min) ★★★
4.40 **FILM Two Rode Together** Western. (1961, PG, 109min) ★★★
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM The Operative** Espionage thriller. (2019, 15, 116min) ★★★
11.25 **FILM Operation Dunkirk** War adventure. (2017, 15, 96min) ★★
1.35 AM **FILM Global Meltdown** Thriller. (2017, PG, 105min) ★
3.30 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Deadly Sibling Rivalry** Thriller. (2011, PG, 85min) ★★
10.55 **FILM Two Wrongs** Thriller. (2015, PG) ★★
1.00 PM **FILM Early Release** Thriller. (2017, PG) ★★
3.00 **FILM No Surrender** Thriller with Mena Suvari. (2011, PG, 90min) ★★
5.00 **FILM Shattered Memories** Thriller. (2018, PG, 86min) ★★
7.05 **FILM Meteor Storm** Sci-fi action thriller. (2010, 12, 90min) ★
9.00 **FILM Night Hunter** Thriller with Henry Cavill. (2018, 15, 88min) ★★
11.10 **FILM The Recall** Thriller. (2017, 15, 90min) ★★
1.10 AM **FILM Fixer Upper Mysteries: Deadly Deed** Drama. (2018, PG) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Forgotten Abduction** Thriller. (2020, 15) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM The Love Subscription** Comedy. (2023, PG, 86min) ★★
10.05 **FILM A Love Yarn** Comedy. (2021, PG) ★★
12.05 PM **FILM Picture Perfect Romance** Drama. (2022, U, 89min) ★★
2.00 **FILM Love in Translation** Drama. (2023, U, 88min) ★★
4.05 **FILM Paris, Wine and Romance** Drama. (2019, PG, 84min) ★★
6.10 **FILM Her Pen Pal** Drama. (2021, PG) ★★
8.00 **FILM Raise a Glass to Love** Romantic drama. (2021, PG, 84min) ★★
9.55 **FILM Valentine Ever After** Romantic drama. (2016, PG, 84min) ★★
11.50 **FILM Accidentally in Love** (2021, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Stop the Wedding** Drama. (2016, U, 105min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Blue Thunder** 6/11. (S1)
10.00 **I Dream of Jeannie** (S1)
10.30 **Watching** 5/11. (S5)
11.00 **A Fine Romance** (S3)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **The Charmer**
1.00 PM **Sherlock Holmes**
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 5/11. (S5)
6.00 **I Dream of Jeannie** (S1)
6.30 **Thriller** 8/10. (S1)
7.50 **Mysterious Tales**
8.00 **The Charmer** 5/6. (S1)
9.00 **Police Woman** (S1)
10.00 **Chelmsford 123** (S2)
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy show.
11.30 **Thriller** 8/10. (S1)
12.50 AM **Shine on Harvey...**
1.50 **Arthur C Clarke**
2.50 **Monkey** 12/26. (S1)
3.50 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Outback Crystal Hunters** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch**
9.00 **The Snake Catcher** New editions Julia catches a venomous snake hidden under an air conditioning box. Meanwhile, an eastern brown snake is spotted in a customer's garden. **10.00** Julia and her husband John catch the second most venomous snake in the world.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Adam Richman Eats Football**
6.30 **Adam Richman Eats Britain** From Cheddar.
7.00 **The Pioneer Woman**
9.00 **Hairy Bikers Go Local**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman**
5.00 **Hairy Bikers Go Local**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** James is joined by Nick Nairn for a trip on a luxury train.
10.00 **James Martin's French Adventure** The chef's journey continues along the Canal du Midi.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 11/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 5/22. (S3)
11.00 **FILM The Legend of Hercules** Adventure. (2014, 12, 97min) ★★
1.00 PM **FILM The Lost Continent** Adventure. (1968, PG, 98min) ★★★
3.00 **FILM The Count of Monte Cristo** Adventure. (1974, U, 99min) ★★
5.00 **Star Trek** 10/30. (S1)
6.00 **T.J. Hooker** 6/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Out of the Furnace** Thriller. (2013, 15, 114min) ★★★★
11.15 **FILM Crank 2: High Voltage** Thriller sequel. (2009, 18, 91min) ★★
1.10 AM **FILM American Siege** Action thriller. (2021, 15, 91min) ★★
3.00 **to 4.50** AM **FILM Aftermath** Drama. (2016, 15, 94min) ★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Independents' Day** As 5.00pm.
8.00 **FILM Malibu Shark Attack** Disaster movie. (2009, 15, 90min) ★★
10.00 **Farscape** 9/22. (S1)
11.00 **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
1.00 PM **MacShayne: Winner Takes All** Crime drama.
3.00 **Farscape** 9/22. (S1)
4.00 **Star Trek** 18/30. (S1)
5.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
7.00 **Farscape** 10/22. (S1)
8.00 **Star Trek** 19/30. (S1)
9.00 **FILM Rogue Hostage** Action thriller with Tyrese Gibson, John Malkovich and Christopher Backus. (2021, 15, 93min) ★★
10.55 **FILM Nomads** Horror starring Pierce Brosnan. (1986, 15, 89min) ★★
1.00 **to 3.00** AM **FILM Rogue Hostage** (2021)

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Evidence of the...**
11.10 **Strange Evidence**
12.10 PM **What on Earth?**
1.05 **Queens of Ancient Egypt** Documentary.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **A Cut Above**
10.00 **Blown Away**
11.00 **Court Cam** Double bill.
12.00 M'T **Swamp People: Serpent Invasion**
1.00 AM **Evidence of the...**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild**
12.00 NOON **Ben Fogle in Winter Wonderland**
1.00 PM **The Yorkshire Vet: Wedding Bells & Cow Bells** Documentary.
2.00 **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Warship: Life in the Royal Navy**
10.00 **Tony Robinson's History of Britain**
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Somerset: Wonder of the West Country**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A composer searches for a property in the Shropshire countryside.
9.00 **Windy City Rehab** New edition A family are about to give up on an 1890 home in Little Italy.
10.00 **100 Day Dream Home** New edition Brian and Mika Kleinschmidt's dreams come true when they buy a townhome.
11.30 **Bargain Mansions**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **My 600lb Life: Where Are They Now?**
10.00 **My Feet Are Killing Me** A woman with toes that are spread too far apart.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Monsters Inside Me**
1.00 AM **Extreme Cheapskates**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **to 6.00** AM **My 600lb Life: Where Are They Now?**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 9&10/23. (S3)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 4-6/21. (S9)
1.30 PM **Friends** (S10)
7.00 **Friends** (S10)
9.00 **Lee Evans: Big – Live at the O2** The comedian performs in London.
10.00 **FILM This is Spinal Tap** Spoof rock documentary with Christopher Guest, Michael McKean and Harry Shearer. (1983, 15, 83min) ★★★★★
11.40 **Jimmy Carr: Live** From Bloomsbury Theatre.
12.40 AM **Beavis and Butt-Head** (S2)
1.40 **Reno 911!** (S2)
2.40 **The Ricky Gervais Show**
3.30 **Rosie Jones Tries to Help** Harriet Kemsley.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 3&4/13. (S6)
11.00 **Friends** (S2)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 9&10/23. (S3)
5.00 **Becker** 3&4/13. (S6)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** 4/18. Emma's first birthday takes an unexpected turn. (S10)
10.30 **Friends** 5-9/18. (S10)
1.05 AM **The Ren & Stimpy Show** 1&2/6. (S1)
2.00 **The Ricky Gervais Show**
3.00 **Guessable?**
3.45 **Iain Stirling: Failing Upwards** Stand-up.
4.30 **Jimmy Carr: Stand Up**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with...**
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Manifest** 5/13. (S3)
6.00 **The Flash** 4/18. (S7)
7.00 **MacGyver** *Mac and Jack:* 12/23. Angus is trapped in his house. **8.00** *CO2 Sensor and Tree Branch:* 13/23. Angus must help his biggest competitor. (S2)
9.00 **Flintoff: From Lord's to the Ring**
10.00 **For Life** 7/10. (S2)
11.00 **The Equalizer** (S3)
1.00 AM **A League of Their Own** With Declan Rice.
2.00 **Road Wars**
3.00 **Duck Quacks Don't Echo** Series highlights.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 7/14. (S5)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
2.00 PM **Catfish: Catch of the Day** Reality series.
3.00 **Catfish: The TV Show**
6.00 **Catfish: Repeat Offenders** Reality series.
7.00 **Teen Mom: The Next Chapter** Ashley, Bar and Holly move to Nevada.
8.00 **Help! I'm in a Secret Relationship!**
9.00 **Badass Brides**
10.00 **Geordie Shore** New edition The villa welcomes new arrivals.
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran meet some bright siders in 'Eternal Optimists.'
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** The Beets family implode trying to get the Paradise Hill trommel running.
5.00 **Deadliest Catch** Captains scramble to meet a quota in the path of a storm system.
6.00 **Wheeler Dealers** Mike finds the perfect starter classic – a 1989 Audi Coupe.

10.00 Harpoon Hunters

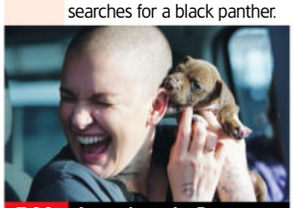
7.00 **Salvage Hunters** Drew Pritchard heads to Germany on a buying trip, where he trades with counts and barons.
8.00 **Kindig Customs** Dave and the guys do a huge job on a Hummer, converting it from two-wheel to four-wheel drive.
9.00 **Gold Rush** New edition Kevin fires up his wash plant for the first time, and Rick searches for gold in a new spot.
10.00 NEW SERIES **Harpoon Hunters** Four harpooners compete to land a high-priced monster bluefin tuna.
11.00 **Expedition Unknown** Josh Gates hunts for the lost tomb and treasure of Alexander the Great.
12.00 M'T **Street Outlaws**
1.00 AM **Gold Rush** As 9.00pm.
2.00 **Harpoon Hunters**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **How Do Animals Do That?**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Guardians of Rescue**
3.00 **Growing Up** Marsupials.
4.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps a beloved German shepherd walk again. **5.00** Dr Jeff comes to the aid of a dog that was hit by a car.
6.00 **Extinct or Alive** Forrest searches for a black panther.


7.00 Amanda to the Rescue

7.00 **Amanda to the Rescue** Amanda and her friend go on a trip to rescue a boxer whose blindness does not affect its energy.
8.00 **Crikey! It's the Irwins** As baby Grace discovers the world, Robert takes on the biggest Gator move in Australia Zoo history.
9.00 **Crikey! It's the Irwins** Robert handles a hostile wombat called Bunker, and it's moving day for an anaconda called Nikki.
10.00 **Alaska: The Last Frontier** Three generations of the Kilcher family build a shack on Perl Island, and Otto has a surprise.
11.00 **Swimming with Monsters with Steve Backshall** The naturalist heads to Mexico, where he hopes to encounter a great white shark.
12.00 M'T **Rugged Justice**
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Peru**
12.00 NOON **Car S.O.S**
1.00 PM **Colossal Machines**
2.00 **Air Crash Investigation**
3.00 **Draining New York: What Lies Beneath?**
4.00 **Vikings: The Rise and Fall**
5.00 **Car S.O.S** Tim and Fuzz travel to South Yorkshire to pick up a Ferguson TE20 tractor.
6.00 **Air Crash Investigation** A plane crash in Buenos Aires.

8.00 WW2: Hell Under the Sea

7.00 **Air Crash Investigation** A private jet slams into an apartment building near the runway, killing all nine passengers.
8.00 **WW2: Hell Under the Sea** Two major naval battles in the fjords leading to Narvik.
9.00 **Hitler's Last Stand** A Canadian non-combat adjutant must lead his company into battle on the Rhine.
10.00 **Hitler's Death Squad** The story of the Nazi soldiers that were charged with carrying out Hitler's plans for genocide.
11.00 **Air Crash Investigation** How a 747 broke up in mid-air.
12.00 M'T **No Man Left Behind**
1.00 AM **Atlas of Cursed Places**
2.00 **Abandoned** An old silk mill.
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Beyond the Myth: The SS Unveiled** Four editions.
9.35 **Storage Wars** Five editions.
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Flipping Bangers**
2.00 **Bomber: Terror of WWII**
4.00 **Pawn Stars** Four editions of the series, including at: **5.00** Rick finds a bass guitar signed by John Paul Jones. **5.30** A rare 1589 war manual.
6.00 **American Pickers** Story boards and scripts from *The Simpsons* are uncovered.

9.00 The Lost Women Spies

7.00 **Forged in Fire** Four bladesmiths are challenged with creating their most dazzling Damascus knife.
8.00 **The Great British Dig: History in Your Back Garden** Searching for evidence of a military base in South Shields.
9.00 **The Lost Women Spies** New edition How Vera Atkins confronted the harm done to her agents. ■ Entire series on Box Sets
10.05 **Prison Chronicles** New editions Attica prison in upstate New York. **10.35** The history of San Quentin prison.
11.05 **The Proof Is Out There: Alien Edition** New edition Experts investigate evidence of superior alien technology.
12.05 AM **Pawn Stars** Four editions.
2.00 **The Curse of Oak Island**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **WW2: Frontlines**
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2: Frontlines**
5.00 **World War Weird** A series of murders during the Blitz.
6.00 **Antiques Roadshow** Fiona Bruce presents a second show from New Lanark on the banks of the Clyde

8.00 Speed with Guy Martin

7.00 **Canal Boat Diaries** Robbie Cumming encounters a leaky lock pound on the Perry Barr Flight and gets marooned.
8.00 **Speed with Guy Martin** The motorcycle racer makes a bold attempt to set a world speed record for a hovercraft.
9.00 **Bangers & Cash** Dave is off to London where a couple of very special Fords have been hidden away in a garage.
10.00 **Bangers & Cash** Paul and his son Charlie head to Leicestershire to collect a vintage Albion truck.
11.00 **Abandoned Engineering** A volcanic island just off Taiwan containing chilling ruins from its darkest era.
12.00 M'T **Great American Railroad Journeys** Michael travels from Chicago to Champaign, Illinois.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

Tuesday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Wheeler Dealers** Mike buys his newest ever car to create a bespoke Scooby BRZ STI.
9.00 **Richard Hammond's Workshop** New edition An urgent search for new staff is scuppered.
10.00 **The Repair Shop** The team restore a trusty yet rusty tricycle, a wedding photograph album and a Chinese porcelain figurine.
11.00 **Wheeler Dealers**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes... Lancashire**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Documentary.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Faking It: Tears of a Crime** Shana Grice.
8.00 **Murder on CCTV**
10.00 **Body Cam** New edition Police officers respond to a medical emergency.
11.00 **The Murder Tapes**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A con artist makes thousands pretending to know Hilary Clinton.
8.00 **Shocking Crimes: Murder Book** Three teens are left for dead after a speedboat rams their fishing vessel.
9.00 **Forensic Factor** New edition Four brutal murders in one weekend devastate the small town of Barrie, Ontario.
10.00 **Murder UK** New edition The story of Mitesh Patel, who murdered his wife Jessica after she uncovered his plan to flee with his male lover.
11.00 **Evidence of Evil**
12.00 M'T **48 Hours**
1.00 AM **Forensic Factor**
2.00 **Murder UK**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **The Truth About My Murder** Double bill.
11.00 **Medical Detectives**
2.00 PM **The Truth About My Murder** Exploring the murder of Laureline Garcia-Bertaux. **3.00** Investigating the murders of Sam Herr and Julie Kibuishi.
4.00 **Medical Detectives** A family are found dead after a house fire. **4.30** A look into the murder of a gay couple. **5.00** A dog helps to solve a murder case. **5.30** The story of the murder of a TV producer. **6.00** A woman who accidentally shot herself. **6.30** A woman dies after appearing to suffer side-effects from drugs.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Nadine Aubras.
3.00 **Most Evil Killers**
5.00 **Catching the Killer**
6.00 **The Killer Within**
7.00 **Most Evil Killers**
9.00 **World's Most Evil Killers** New edition
10.00 **Face to Face**
11.10 **How I Caught the Killer**
12.05 AM **Most Evil Killers**
1.00 **Murders That Shocked the Nation**
2.00 **The Real Manhunter** New edition
3.00 **Britcam**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Italy's Invisible Cities**
9.45 **The Great Fire: London Burns**
10.45 **Ku Klux Klan: An American Story**
11.55 **Apocalypse: Stalin**
1.00 PM **Beautiful Serengeti**
1.45 **Italy's Invisible Cities**
3.00 **The Great Fire: London Burns**
4.00 **Ku Klux Klan: An American Story**
5.15 **Apocalypse: Stalin**
6.25 **Italy's Invisible Cities**
7.40 **The Great Fire: London Burns**
8.40 **Ku Klux Klan: An American Story** The story of the creation of the Ku Klux Klan.
9.55 **Apocalypse: Stalin** The rise of Joseph Stalin.
11.00 **The Great Fire: London Burns**
12.00 M'T **Ku Klux Klan: An American Story**
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mission to Burnley**
7.00 **Discovering: Alain Delon**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Ghislaine Maxwell: Epstein's Shadow** As shown at 7.00pm.
11.00 **UFO** As shown at 8.00pm.
12.00 NOON **Hawking: Can You Hear Me?** The life and career of physicist Stephen Hawking.
2.00 PM **Very Ralph**
4.00 **The Directors**
5.00 **Discovering: Alain Delon**
6.00 **The Seventies**
7.00 **Ghislaine Maxwell: Epstein's Shadow** 2/3. Investigating the life of the former socialite.
8.00 **UFO** 2/4. Elite US Navy pilots encounter an unidentified aerial phenomenon in 2004.
9.00 **King of the Apocalypse** Dakota Adams explores the American right-wing militia.
11.00 **The Truth vs Alex Jones**
1.20 AM **Brandy Hellville & the Cult of Fast Fashion**
3.00 **The Last Rider** Documentary.
5.00 **to 6.00** AM **Discovering: Alain Delon**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Dogs: Pack Vs Pride**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Wild Tales from the Farm**
10.00 **Africa's Wild Horizons**
11.00 **Orangutan Jungle School**
12.00 NOON **Kalahari: Land of...**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Tales from the Farm**
4.00 **Africa's Wild Horizons**
5.00 **Gangs of Lemur Island**
6.00 **Kalahari: Land of Secret Alliances** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Secret World of Sound with David Attenborough**
9.00 **Planet Weird**
10.00 **Kalahari: Land of Secret Alliances** Documentary
11.00 **Gangs of Lemur Island**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Rockies**
2.00 **Secret World of Sound...**
3.00 **Planet Weird**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Tales from the Farm**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **How the Nazis Lost the War**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Stewart Stirling.
2.00 **Secrets of Great British Castles** Arundel Castle.
3.00 **How the Nazis Lost the War**
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** A mass sighting of a flying saucer at Chicago O'Hare International Airport.
8.00 **History's Crazy Rich Ancients**
9.00 **Spycraft**
10.00 **Ancient Aliens**
11.00 **Secrets in the Sand**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Restoration London.
3.00 **Walking Through History**
4.00 **Weird or What? With William Shatner**
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Fear Thy Neighbour**
3.00 **Killer Britain with Dermot Murnaghan** Mark Fellows.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition Documentary.
9.00 **Missing Presumed Dead** New edition Benedict Allen.
10.00 **Tell Me How I Died**
11.00 **Homicide Hunter**
12.00 M'T **Accident, Suicide or...**
1.00 AM **Missing Presumed Dead**
2.00 **Tell Me How I Died**
3.00 **Fear Thy Neighbour**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Last of the Giants: Wild Fish**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **The Hummingbird Effect**
3.00 **Wild Costa Rica**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Tiger cubs explore their new habitat.
8.00 **Baby Animal Rescue** Conservationist Giles Clark attempts to rescue wildlife orphans in South Africa.
9.00 **Mexico Untamed** A guide to the country's wildlife.
10.00 Conflict between animals for territory and food.
11.00 **Ice Road Rescue**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Day After D-Day**
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway** Chuck and the team investigate the story of an alien that had reportedly escaped from Area 51.
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 1/2. Setting out from John O'Groats, the first part of Henry Cole's ride takes in the history, the landscapes and the rain of Scotland.
12.00 M'T **Mysteries of the Deep**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Inside the Ambulance**
11.00 **Inside the Ambulance: Coast and Country**
3.00 PM **Inside the Ambulance**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Mistresses** 4/6. Jessica and Mark go on a romantic break and Trudi questions her future with Richard. A lunch gathering at Dan's house turns sour and Siobhan encourages Hari to open a restaurant. (S2)
10.20 **The Bill** *Double Trouble:* 8/12. Ackland and Shaw are interviewed when allegations of corruption emerge.
11.20 *Sun Hill Karma:* 9/12. Martella suffers a crisis of confidence. (S3)
12.20 AM **Pointless** Double bill of the general knowledge quiz show.
2.20 **Mistresses** As 9.00pm.
3.30 **Inside the Ambulance**
4.20 **to 6.00** AM **Inside the Ambulance: Coast and Country**

+1 hour 266 376

ID

154 166

8.00 AM **Twisted Sisters**
9.00 **Murder Decoded**
11.00 **The Wonderland Murders**
1.00 PM **Swamp Murders**
3.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
5.00 **The Perfect Murder**
7.00 **Disappeared** The case of Vermont teenager Brianna Maitland, who vanished after leaving her family's farm after dropping out of high school.
8.00 The disappearance of US Army veteran Margaret Haddican-McEnroe.
9.00 **Evil Lives Here** Elishaba embarks on a daring escape from her abusive father.
10.00 Ronald Hawkins and Candace Sims talk about their 19-year-old son Robbie, who killed nine people including himself, in a mass shooting in Nebraska, in December 2007.
11.00 **Relatively Evil**
12.00 M'T **Evil Kin**
2.00 AM **The Perfect Murder**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Big** The world's longest underground railway connection.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Sky Cinema Preview**
6.55 **The Last Stop in Yuma County** As shown at 4.10pm.
8.35 **Kill** Thriller. (2023, 15) ★★★
10.15 **The Killer** As 8.00pm.
12.30 PM **Bad Boys: Ride or Die**
2.30 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
4.10 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 100min) ★★★★
5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★

5.50 The Fall Guy

8.00 **The Killer** Action thriller starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. With Diana Silvers, Sam Worthington and Eric Cantona. (2024, 15, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Get Away** Horror comedy. (2024, 15, 86min) ★★★★
1.55 **The Convert** Action drama. (2024, 15, 119min) ★★★★
4.05 **to 6.25** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **Burlesque** As 1.55am.
8.05 **Save the Last Dance** (2001)
10.05 **Mean Girls** Musical comedy. (2023, 12, 112min) ★★★
12.05 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.05 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
4.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
6.00 **How to Lose a Guy in 10 Days** Romantic comedy. (2003, 12, 116min) ★★★

6.00 How to Lose a Guy in 10...

8.00 **Anyone But You** Romantic comedy based on Shakespeare's *Much Ado About Nothing*, starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **No Hard Feelings** Comedy starring Jennifer Lawrence and Andrew Barth Feldman. A hard-up woman agrees to date a wealthy couple's awkward son to force him out of his shell before college. (2023, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Save the Last Dance** Romantic teen drama. (2001, 12, 113min) ★★★
1.55 AM **Burlesque** Musical drama. (2010, 12, 119min) ★★★
4.05 **to 6.00** AM **Bob Marley: One Love** Biographical drama. (2023, 12, 104min) ★★★

Sky Cinema Drama

310 410 510 524

6.00 AM **Goodbye Bafana** (2007)
8.00 **Sundown** Drama starring Tim Roth. (2021, 15, 82min) ★★★★
9.25 **Calvary** As shown at 2.10am.
11.10 **Lady Bird** As shown at 6.20pm.
12.45 PM **Allelujah** Comedy drama. (2022, 12, 99min) ★★★
2.30 **Goodbye Bafana** Fact-based drama. (2007, 15, 118min) ★★★
4.30 **Freud's Last Session** Period drama. (2023, 12, 109min) ★★

6.20 **Lady Bird** Comedy drama starring Saoirse Ronan. (2017, 15, 94min) ★★★★★
8.00 **Alfie** Comedy drama remake starring Jude Law, Marisa Tomei, Susan Sarandon and Sienna Miller. (2004, 15, 106min) ★★★
9.50 **Born on the Fourth of July** Oliver Stone's fact-based drama starring Tom Cruise as Vietnam veteran turned anti-war campaigner Ron Kovic. With Kyra Sedgwick and Willem Dafoe. (1989, 18, 138min) ★★★★★

12.15 AM **Freud's Last Session** (2023)
2.10 **Calvary** Darkly comic drama. (2014, 15, 99min) ★★★★
3.55 **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
5.30 **to 7.25** AM **The Young Messiah** Biblical drama starring Sean Bean. (2016, 12, 111min) ★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.40 AM **The Purge: Election Year**
8.35 **Night Swim** As 4.10am.
10.20 **Annabelle** Horror thriller. (2014, 15, 97min) ★★
12.05 PM **Star Trek VI: The Undiscovered Country** Sci-fi adventure sequel. (1991, PG, 109min) ★★★★
2.10 **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★

4.15 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
5.55 **Star Trek: Generations** Sci-fi adventure starring Patrick Stewart and William Shatner. (1994, PG, 118min) ★★★
8.00 **Dune: Part Two** Sci-fi drama sequel with Timothée Chalamet, Zendaya and Austin Butler. (2024, 12, 166min) ★★★★★
10.50 **Gremlins 2: The New Batch** Horror comedy sequel starring Zach Galligan and Phoebe Cates. (1990, 12, 107min) ★★★

12.45 AM **It Came from Outer Space** Thriller. (1953, b/w, PG,) ★★★
2.15 **The Purge: Election Year** Horror. (2016, 15, 108min) ★★★
4.10 **Night Swim** Horror with Wyatt Russell. (2024, 15, 98min) ★★
5.55 **to 7.30** AM **Sick** Horror. (2022, 18, 83min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.30 AM **The Cinema List: Family**
6.50 **Robo-Dog: Airborne** (2017)
8.25 **Hot Dog Derby** As 12.35am.
9.50 **The Karate Kid** (1984) ★★★★
12.05 PM **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
1.40 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★
4.00 **Cats & Dogs** Comedy fantasy. (2001, PG, 87min) ★★★★
5.35 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★

9.15 The Secret Kingdom

7.05 **The Karate Kid Part II** Martial arts adventure sequel with Ralph Macchio and Noriyuki 'Pat' Morita. (1986, PG, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **The Secret Kingdom** Family fantasy adventure starring Sam Everingham and Alyla Browne. Two siblings embark on a series of challenges to fulfil an ancient prophecy. (2023, PG, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Robo-Dog: Airborne** Family adventure sequel starring Michael Campion. (2017, U, 88min) ★★★
12.35 AM **Hot Dog Derby** Family comedy. (2013, U, 82min) ★★
2.05 **Mary and the Witch's Flower** Animated family adventure. (2017, U, 99min) ★★★
3.55 **The Secret Kingdom** (2023)
5.40 **to 7.15** AM **Robo-Dog** Family sci-fi adventure. (2015, PG, 87min) ★★★

Sky Cinema Stunts

307 407 507 521

6.50 AM **Shooter** Action thriller. (2007, 15, 125min) ★★★★
9.00 **Seeking Justice** Thriller. (2011, 15, 104min) ★★
10.50 **The Sugarland Express**
12.50 PM **Promising Young Woman** Thriller. (2020, 15) ★★★★
2.50 **Retribution** Action thriller. (2023, 12, 91min) ★★
4.25 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
6.15 **John Wick** Action thriller. (2014, 15, 101min) ★★★★

6.15 John Wick

8.00 **John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. With Riccardo Scamarcio. (2017, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Blade** Adventure chiller starring Wesley Snipes as the half-human, half-vampire warrior Blade. With Stephen Dorff, Kris Kristofferson and N'Bushe Wright. (1998, 18, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Punisher** Action thriller starring Tom Jane, John Travolta and Will Patton. (2004, 18, 123min) ★★★
2.20 **Silent Night** Action thriller. (2023, 15, 104min) ★★★★
4.10 **to 6.05** AM **The Sugarland Express** Comedy drama. (1974, PG, 110min) ★★★

Sky Cinema Comedy

308 408 508 522

7.20 AM **Fletch Lives** As 1.25am.
9.00 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
10.45 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
12.50 PM **Sumotherhood** Comedy drama. (2023, 15, 97min) ★★★
2.30 **Everybody Wants Some!!** Comedy. (2016, 15) ★★★★
4.30 **She's Out of My League** Comedy. (2010, 15) ★★★
6.20 **Bad Neighbours** Comedy. (2014, 15, 93min) ★★★

6.20 Bad Neighbours

8.00 **Bad Neighbours 2** Comedy sequel with Seth Rogen and Zac Efron. A couple seek the aid of a former rival in fighting back against the raucous college sorority next door. (2016, 15, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Ride Along** Comedy starring Ice Cube and Kevin Hart. A tough cop takes his sister's boyfriend with him on duty, leading to a dangerous encounter with the city's most wanted criminal. (2014, 12, 97min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Ride Along 2** Crime comedy sequel. (2016, 12, 102min) ★★
1.25 AM **Fletch Lives** Comedy thriller. (1989, PG, 95min) ★
3.10 **The Money Pit** Romantic comedy starring Tom Hanks. (1985, 15, 91min) ★★★
4.50 **to 6.45** AM **Forces of Nature** Comedy with Sandra Bullock. (1999, 12, 105min) ★★★

Sky Cinema Thriller

309 409 509 523

7.35 AM **Some Other Woman**
9.15 **Changing Lanes** As 6.05pm.
11.10 **Ruthless** As shown at 2.20am.
12.55 PM **Barber** As 12.35am.
2.40 **Hypnotic** Action thriller. (2023, 15, 93min) ★★★
4.25 **Some Other Woman** Thriller starring Ashley Greene. (2023, 15, 85min) ★★★
6.05 **Changing Lanes** Thriller starring Ben Affleck, Samuel L Jackson and Toni Collette. (2002, 15, 99min) ★★★★

6.05 Changing Lanes

8.00 **Jack Reacher** Action thriller starring Tom Cruise as bestselling author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. With Rosamund Pike. (2012, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Jack Reacher: Never Go Back** Thriller sequel starring Tom Cruise. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Barber** Mystery drama. (2023, 15, 90min) ★★★
2.20 **Ruthless** Action thriller. (2023, 15, 92min) ★★★
4.05 **to 6.10** AM **The Saint** Big-screen version of the TV series. (1997, 12, 116min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **A Town Like Alice** War drama. (1956, b/w, PG) ★★★★
1.20 PM **The Enemy Below** World War Two adventure. (1957, PG, 98min) ★★★★
3.20 **Footsteps in the Fog** Thriller. (1955, PG, 90min) ★★★
5.05 **Decision at Sundown** Western. (1957, PG, 77min) ★★
6.40 **Jumanji: Welcome to the Jungle** Fantasy comedy. (2017, 12, 119min) ★★★★

9.00 The Transporter

Jumanji: Welcome to the Jungle (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Transporter** Thriller with Jason Statham and Shu Qi. An underworld courier discovers he is unwittingly transporting a kidnapped Chinese woman and uncovers an international slavery ring. (2002, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 **Overlord** Thriller starring Jovan Adepo. US soldiers on a mission hours before D-Day stumble across a mysterious Nazi lab. (2018, 18, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.00 **to 3.45** AM **Another Year** Mike Leigh's comedy drama starring Jim Broadbent. (2010, 12, 129min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

6.55 AM **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
8.40 **Paint** Comedy drama. (2023, 12, 96min) ★★★
10.20 **The Blind Side** As 9.35pm.
12.30 PM **The Addams Family** Comedy. (1991, PG, 95min) ★★★★
2.15 **Bridget Jones's Baby** Comedy sequel. (2016, 15, 123min) ★★★
4.20 **What If** Romantic drama. (2013, 15, 98min) ★★★★

6.05 **Miss Congeniality** Comedy starring Sandra Bullock. (2000, 12, 109min) ★★★★
8.00 **Along Came Polly** Romantic comedy starring Ben Stiller and Jennifer Aniston. An overly-cautious risk assessor, reeling from being jilted on his honeymoon, begins dating a free-spirited young woman. (2003, 12, 90min) ★★★
9.35 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★

11.50 **The Machine** Action comedy. (2023, 15, 112min) ★★★
1.50 AM **Broker** South Korean crime comedy drama. Subtitled. (2022, 12, 129min) ★★★★
4.00 **Blithe Spirit** As 6.55am.
5.45 **to 6.00** AM **The Cinema List: Winter Warmers**

Sky Cinema Greats

304 404 504 518

6.00 AM **It Came from Outer Space** Thriller starring Richard Carlson. (1953, b/w, PG, 81min) ★★★
7.35 **Star Trek: Generations** Sci-fi adventure with Patrick Stewart. (1994, PG, 118min) ★★★
9.40 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★
11.40 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★

2.05 PM **The Taming of the Shrew** Director Franco Zeffirelli's screen version of Shakespeare's play. (1967, U, 126min) ★★★★
4.10 **The Little Rascals** Family comedy. (1994, U, 83min) ★★
5.50 **Annie** Film version of the hit musical. (1982, U, 128min) ★★★
8.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
9.40 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★

11.20 **The Little Rascals** As 4.10pm.
12.55 AM **Kingpin** Comedy starring Woody Harrison and Randy Quaid. (1996, 12, 114min) ★★★
3.00 **The Cinema List: Biopic**
3.30 **The Taming of the Shrew**
5.45 **to 6.35** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.20 AM **Megamind vs The Doom Syndicate** As 12.25am.
7.50 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
9.25 **Trolls** As shown at 4.00pm.
11.05 **Surf's Up** As shown at 5.40pm.
12.35 PM **Smallfoot** As 7.15pm.
2.20 **The Super Mario Bros Movie**
4.00 **Trolls** Animated musical. (2016, U, 92min) ★★★

5.40 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
7.15 **Smallfoot** Animated adventure featuring the voice of Channing Tatum. (2018, U, 96min) ★★★
9.00 **The Super Mario Bros Movie** Animated family adventure. (2022, PG, 92min) ★★★
10.40 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
12.25 AM **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min) ★★★

2.00 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
3.25 **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
4.50 **to 6.35** AM **The Amazing Maurice** Animated adventure. (2022, PG, 93min) ★★★★

Movies 24

312 419

7.00 AM **Love, Classified** Drama. (2022, PG, 90min) ★★
9.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★
11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
1.00 PM **Wedding of a Lifetime** Comedy. (2022, PG, 84min) ★★
3.00 **The Wedding Arrangement** Romantic drama with Kristina Cole. (2022, PG, 90min) ★★

5.00 **A Scottish Love Scheme** Drama. (2024, PG, 84min) ★★
7.00 **Love's Greek to Me** Romantic drama starring Torrey DeVitto. (2023, PG, 90min) ★★
9.00 **The Engagement Back-Up** Romantic comedy starring Elise Gatien and Preston Vanderslice. A historian must pretend to be engaged to a tech mogul's son to rescue her late father's naval museum. (2022, PG, 91min) ★★
11.00 **The Presence of Love** Drama. (2022, PG, 84min) ★★

1.00 AM **Love, Bubbles & Crystal Cove** Drama. (2021, PG) ★★
3.00 **to 5.00** AM **Aurora Teagarden Mysteries: Haunted By Murder** Crime drama. (2022, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Department Store** Comedy. (1935, b/w, PG, 65min) ★★★
7.20 **Vacant Possession**
8.20 **What's On TPTV with Noel**
8.30 **Mark of the Phoenix** Thriller. (1958, b/w, U, 68min) ★
9.45 **A Cry from the Streets** Drama. (1958, b/w, U, 100min) ★★★
11.40 **Hindle Wakes** Vintage romantic drama starring Lisa Daniely. (1952, b/w, PG, 88min) ★★

1.25 PM **Model for Murder** Thriller. (1958, b/w, PG, 73min) ★★★
2.55 **The Mark of Cain** Crime drama. (1947, b/w, PG, 88min) ★
4.45 **Secret Army** 3/8. (S1)
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman** 27/34. (S1)
7.35 **Beau Geste** 4/8. (S1)
8.05 **Rumpole of the Bailey** (S5)
9.10 **Hero of the Hour** Crime drama.
11.15 **Cellar Club with Caroline Munro**
11.20 **Dr Phibes Rises Again** Horror sequel. (1972, 15, 89min) ★★★

1.10 AM **Cellar Club with Caroline...**
1.15 **The Food of the Gods** Sci-fi chiller. (1976, 18, 88min) ★★
3.05 **Cellar Club with Caroline Munro**
3.10 **The Last Escape** Adventure. (1970, PG, 90min) ★★
4.55 **Four Star Theatre** 31/38. (S3)
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **My Icon** Kadeena Cox.
6.15 LIVE **ICC U19 Women's World T20** The Super Six Group One match from Bayuemas Oval in Pandamaran, Malaysia. Here, the Group A winner faces the team that finished third in Group D.
9.30 **Good Morning Transfers**
10.00 **The Football Show**
11.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
9.30 PM **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T LIVE **NCAA Basketball Tennessee Volunteers v Kentucky Wildcats.** The men's match staged at Food City Centre in Knoxville. Tip-off **12.00m't**.
2.00 AM **My Icon** Casey Stoney.
2.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group Two match at YSD-UKM Cricket Oval in Bangi, Malaysia, where the Group C runner-up takes on the team that finished third in Group B.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Highlights** Tottenham Hotspur v Leicester City. **1.30** Crystal Palace v Brentford. **2.00** Highlights from Aston Villa v West Ham United at Villa Park. **2.30** Highlights from Tottenham Hotspur v Leicester City.
3.00 **Premier League Highlights** Bournemouth v Nottingham Forest at the Vitality Stadium. **3.30** Brighton v Everton. **4.00** Liverpool v Ipswich Town. **4.30** Manchester City v Chelsea.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **Netbusters** Highlights.
6.30 **Premier League 100**
7.00 **Premier League Review**
8.00 **Netbusters** Highlights.
8.30 **Gary Neville's Soccerbox**
9.00 **Premier League Review**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Best Goals: EFL Cup 2021/22**
8.30 **EFL Trophy** The 2021/22 final.
9.00 **EFL Greatest Games**
10.00 **EFL Cup** Chelsea v Liverpool.
11.00 **EFL Rivalries**
11.30 **Jimmy Glass: Great Escape**
12.00 NOON **EFL** Another chance to see Burnley v Leeds United.
2.00 PM **WSL** Highlights of a match.
2.30 **Scottish Premiership Round-Up**
2.45 **SPFL Highlights**
3.00 **EFL Highlights**
4.30 **Bundesliga Highlights Show**
5.30 **WSL** Recent highlights.
6.30 **Scottish Premiership Round-Up**
6.45 **SPFL Highlights**
7.00 **EFL Highlights**
8.00 **Bundesliga Highlights Show**
9.00 **WSL** Recent highlights.
10.00 **EFL Highlights**
10.30 **Scottish Premiership Round-Up**
10.45 **SPFL Highlights**
11.00 **WSL** Action from Manchester United v Brighton & Hove Albion.
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
2.45 AM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Women's World Cup 2017**
6.15 LIVE **ICC U19 Women's World T20** The Super Six Group One match staged at Bayuemas Oval in Pandamaran, Malaysia.
9.30 **Women's World Cup 2017**
10.00 **Women's ICC World T20**
11.00 **Big Bash League**
1.00 PM **SA20** Recent action.
3.00 LIVE **SA20 Pretoria Capitals v Joburg Super Kings.** Coverage from SuperSport Park, Centurion. This meeting last year was abandoned without a ball being bowled due to rain, but the reverse fixture saw the Super Kings come away with a six-wicket win.
7.30 **Women's ICC World T20** Action from England v West Indies.
8.00 **SA20** Recent T20 highlights.
11.00 **Big Bash League** The final.
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 LIVE **ICC U19 Women's World T20** The Super Six Group Two match staged at YSD-UKM Cricket Oval in Bangi, Malaysia.
5.30 **Blue for Bob** A Bob Willis tribute.
5.45 **to 6.00** AM **Women's World Cup 2017**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Playing Lessons**
7.00 **Golf Academy**
8.00 **The Open Zone**
8.30 **DP World Tour Golf**
9.00 **TGL** Recent highlights.
11.00 **Golf Academy**
11.30 **DP World Tour Golf**
12.00 NOON **PGA Tour Golf**
1.00 PM **TGL** Recent highlights.
3.00 **Golf Academy** Short game tips.
3.30 **Best Of The OpenZone 2024**
4.30 **PGA Tour Golf**
5.30 **DP World Tour Golf**
6.00 **Golf's Greatest Holes**
6.30 **Uncommon: Building a Boston Sports Team**
7.00 **TGL** Recent highlights.
9.00 **Nick Dougherty's Tee Time Tips**
9.30 **Uncommon: Building a Boston Sports Team**
10.00 **Golf's Greatest Holes**
10.30 **DP World Tour Golf**
11.00 **Uncommon: Building a Boston Sports Team**
11.30 **Golf's Greatest Holes**
12.00 M'T **Nick Dougherty's Tee Time Tips** Expert golfing advice.
12.30 AM **DP World Tour Golf**
1.00 **PGA Tour Golf**
2.00 **Nick Dougherty's Tee Time Tips**
3.00 **Playing Lessons**
4.00 **Golf Academy**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **T20 Super Smash Canterbury Kings v Northern Brave.** From Hagley Oval.
8.15 **Premier League**
9.45 **The Rugby Review**
10.30 **Premier League Features**
12.00 NOON **T20 Cricket Highlights**
1.00 PM LIVE **T20 Cricket India v England.** Coverage of the third T20 from Niranjan Shah Stadium.
6.00 **The Edge** Australia v England.
6.30 **Premier League Netbusters**
7.00 **Premier League Stories**
7.30 **Premier League: Big Interview**
8.00 **A-League Highlights**
8.30 **A-League Women Highlights**
9.00 **Premier League Reload**
9.15 **Sign Up – Into Football**
10.00 **T20 Cricket Highlights**
11.00 **Women's T20 Cricket**
12.00 M'T **NBA Tip-Off**
12.30 AM LIVE **NBA Philadelphia 76ers v Los Angeles Lakers.** Coverage of the match from Wells Fargo Centre. Tip-off **12.30am**.
3.00 LIVE **NBA Portland Trail Blazers v Milwaukee Bucks.** Coverage of the match staged at Moda Centre. Tip-off **3.00am**.
5.30 **to 6.30** AM **NBA on TNT Postgame**

TNT Sports 2

411 871 528 409 431

6.00 AM **Serie A** Italian football action.
8.00 **UEFA Champions League Magazine** News and action.
8.30 **UEFA Europa League & Conference League Magazine**
9.00 **Champions League Classics**
9.30 **Fishing: On the Bank**
10.30 **UEFA Champions League Goals Reload** Recent action.
10.45 **UEFA Europa League Goals Reload** Goals from recent games.
11.00 **SVNS Highlights** From Perth.
12.00 NOON **A-League** Recent action from the Australian football league.
6.00 PM **Serie A** AC Milan v Parma. **7.00** Lazio v Fiorentina.
8.00 **Vendee Globe Highlights**
8.30 **Women's Ashes** Australia v England in the third and final T20 staged at Adelaide Oval.
9.30 **The Edge** Australia v England.
10.00 **Fishing: On the Bank**
11.00 **MLB Classic** Archive action.
1.00 AM **T20 Cricket Highlights**
2.00 **TNT Sports Cricket Reload**
2.15 **Test Cricket Highlights**
4.15 **to 6.00** AM LIVE **Test Cricket Sri Lanka v Australia.** Coverage of the opening day of the first Test in the two-match series staged at Galle International Stadium.

TNT Sports 3

417 874 529 410 432

6.00 AM **Women's Ashes**
12.00 NOON **The Edge** Recent action.
12.30 PM **UEFA Champions League Highlights Show**
2.30 **Europa League & Conference League Highlights Show**
3.30 **SVNS Highlights** From Perth.
4.30 **The Rugby Review**
5.15 **UEFA Champions League – Stories of the Finals**
5.30 **UEFA Champions League Goals Reload** Recent action.
5.45 **Europa League Goals Reload**
6.00 **Premiership Rugby Union** Featuring Gloucester v Leicester Tigers and Sale Sharks v Bath.
11.00 **Premier League Netbusters**
11.30 **UEFA Europa League & Conference League Magazine**
12.00 M'T **UEFA Champions League Magazine** News and updates.
12.30 AM **Vendee Globe Highlights**
1.00 LIVE **Women's T20 Super Smash Central Hinds v Auckland Hearts.** Coverage from McLean Park in Napier.
4.30 **TNT Sports Cricket Reload**
4.45 **to 6.00** AM LIVE **T20 Super Smash Central Stags v Auckland Aces.** Coverage from McLean Park in Napier.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **Super Bowl LVIII Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **Super Bowl LIV Highlights**
12.00 NOON **Super Bowl LVIII Bitesize**
12.15 PM **NFL Bitesize Highlights**
1.00 **Good Morning Football**
3.00 **Super Bowl LVI Highlights** Cincinnati Bengals v Los Angeles Rams from the 2021/22 season.
5.00 **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs at Allegiant Stadium.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms discuss and debate the biggest stories.
8.00 **NFL Highlights** Action from the AFC Championship match.
9.00 **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs at Allegiant Stadium.
10.00 **Super Bowl LVII Highlights** Philadelphia Eagles v Kansas City Chiefs from the 2022/23 season.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **Super Bowl LVIII Bitesize**
1.15 **NFL Bitesize Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Hlts**

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA Tennis** The second day of the WTA Singapore Open at Kallang Tennis Centre.
10.00 **Mirra Andreeva Podcast 2024**
10.15 **WTA Sizzle Reel 2024**
10.30 **Bitesize Tennis** Highlights.
11.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
9.30 **WTA & ATP Tennis** Highlights.
1.30 AM **Tim Henman Podcast 2024**
1.45 **Bitesize Tennis** Highlights.
2.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **PGA Tour Golf**
10.00 **SA20** Recent highlights.
11.00 **Fight Night International**
12.00 NOON **Big Bash League**
1.00 PM **Super League Highlights**
2.00 **Fight Night** Azim v Davies.
3.00 **NRL** The 2024 Grand Final.
4.00 **Super League Highlights**
5.00 **NRL** The 2024 Grand Final.
6.00 **Spirit of Yachting**
6.30 **NRLW** The 2024 Grand Final.
7.30 **State of Origin Rugby League**
8.30 **Spirit of Yachting**
9.00 **Women's State of Origin**
10.00 **The Rugby Championship**
12.00 M'T LIVE **NCAA Basketball Tennessee Volunteers v Kentucky Wildcats.** The men's game in Knoxville. Tip-off **12.00m't**.
2.00 AM **SA20** Match highlights.
4.00 **to 6.00** AM **State of Origin**

TNT Sports 4

421 876 530 411 434

6.00 AM **NBA** Trail Blazers v Thunder.
7.30 **NBA Action** Highlights.
8.00 **NBA on Fire** The latest news.
8.30 **NBA Originals** Documentary.
9.30 **NBA Classic** Miami Heat v Oklahoma City Thunder from game five of the 2011/12 Finals.
12.00 NOON **NBA Action** Highlights.
12.30 PM **NBA on Fire** The latest news.
1.00 **NBA** Portland Trail Blazers v Oklahoma City Thunder.
2.30 **NBA Classic** A look back at Chicago Bulls v Brooklyn Nets from the 2012/13 season.
4.30 **NBA Classic** A look back at New York Knicks v Charlotte Bobcats in the 2013/14 season.
6.30 **NBA** Portland Trail Blazers v Oklahoma City Thunder.
8.00 **NBA Classic** A replay of Golden State Warriors v Sacramento Kings from the 2014/15 season.
10.00 **A-League** Highlights of games in the Australian football league.
4.00 **to 6.00** AM **Serie A**

Eurosport 1

413 870 521 412 435

6.00 AM **Cycling: Challenge Mallorca**
7.00 **Snooker: German Masters**
9.00 **SailGP** In Auckland, New Zealand.
10.00 **Show Jumping** From Leipzig.
11.00 **Alpine Skiing** In Kitzbuhel.
12.00 NOON **Snooker: German Masters** Action from day one.
2.00 LIVE **Snooker: German Masters** The afternoon session on the second day from Berlin, featuring first-round matches.
5.00 **Australian Open Tennis**
6.00 **Spirit of Yachting**
6.30 **Snooker: German Masters**
7.00 LIVE **Snooker: German Masters** Coverage of the evening session on the second day from Tempodrom Berlin, featuring first-round matches.
10.00 **Snooker: German Masters**
12.00 M'T **Cycling: AlUla Tour**
1.00 AM **Australian Open Tennis**
2.00 **Snooker: German Masters**
4.00 **Alpine Skiing** From Schladming.
5.00 **to 6.00** AM **Cyclo-Cross**

Eurosport 2

414 871 522 413 436

6.00 AM **Australian Open Tennis**
7.30 **Alpine Skiing** From Kitzbuhel.
10.30 **Cycling: Challenge Mallorca**
11.30 LIVE **Cycling: AlUla Tour** The opening stage of the race.
1.30 PM **Australian Open Tennis**
2.30 **Ski Jumping** In Zao, Japan.
3.30 **Alpine Skiing** From Kitzbuhel.
4.30 LIVE **Alpine Skiing** Coverage from Schladming in Austria.
6.15 **Alpine Skiing** From Kitzbuhel.
7.15 **Winter Sport – Andrew Musgrave – Trondheim 2023**
7.30 LIVE **Alpine Skiing** Further coverage from Schladming.
8.45 **Winter Sport: Kirsty Muir – Copper Mountain 2023**
9.00 **Cycling: AlUla Tour**
10.00 **Australian Open Tennis**
11.00 **Alpine Skiing** Recent action.
1.00 AM **Ski Jumping**
2.00 **Australian Open Tennis**
3.00 **Cycling: AlUla Tour**
4.00 **to 6.00** AM **Snooker: German Masters**

Sky Sports+

412 518 508 427 447

5.30 AM LIVE **WTA Tennis** Coverage of day two of the WTA Singapore Open, a hard-court tournament staged at Kallang Tennis Centre.
10.00 **The Football Show**
11.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
7.35 LIVE **EFL Portsmouth v Millwall.** Coverage of the Championship match staged at Fratton Park. The teams have already faced each other here this season in an EFL Cup match, and on that occasion the highly vaunted young prospect Romain Esse scored the only goal in a 1-0 win for Millwall. Kick-off **7.45pm**.
9.45 **Sky Sports News**
10.30 **Back Pages Tonight** A look at the sports headlines that have made tomorrow's newspapers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1** In Azerbaijan.
2.10 PM **Ferrari x Mescal**
2.20 **McLaren on the Verge of Victory** The Qatar Grand Prix.
2.30 **Ted's Notebook**
3.00 **Formula 1** Azerbaijan Grand Prix.
7.45 **Ted's Notebook**
8.15 **Vettel's Litter Challenge**
8.25 **F1 Explained**
8.30 **Formula 1** Azerbaijan Grand Prix.
10.45 **Lewis Looks Back on 2014**
10.55 **F1 Explained**
11.00 **Formula 1** Azerbaijan Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Wednesday 29 January

Evening Planner

Football

Champions League
TNT Sports, kick-offs 8pm
All 18 games are kicking off at the same time tonight, including PSV v Liverpool, Aston Villa v Celtic and Girona v Arsenal.

Documentary

Idris Elba: Our Knife Crime Crisis
BBC1, 9pm
The actor looks at knife crime, and talks to King Charles about possible solutions.

Drama

Brian & Maggie
C4, 9pm
Steve Coogan and Harriet Walter star in this drama about an interview between Margaret Thatcher and Brian Walden.

OnDemand

NETFLIX

Six Nations: Full Contact
Available today
The rugby documentary that gives us an access-all-areas account of the Six Nations returns.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Idris Elba: Our Knife Crime Crisis		10.00 News; Local News	10.40 UEFA...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Great British Menu		9.00 Murder Trial: Girl in the River		10.00 The Cockfields	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Brian and Maggie		10.00 Celebrity Gogglebox	
	105 CHANNEL 5	7.00 GPs: Behind Closed Doors		8.00 Heat Pumps: Are They Really Worth It?		9.00 The Castaways		10.00 999: Emergency Call Out	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Landscape Artist of the Year		9.00 Film: The Bourne Ultimatum			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Traitors US		9.00 Suits			10.25 Such Brave Girls
	116 BBC4	7.00 Canal Boat...	7.30 Yorkshire...	8.00 Himalaya with Michael Palin		9.00 The Beginning and End of the Universe		10.00 Babs	
	118 ITV2	7.00 Wheel of Fortune		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars		10.05 G'wed	10.35 Family Guy
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 Grand Designs				10.00 Outrageous Homes	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Elsbeth		10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.50 Billions		7.55 Game of Thrones		9.00 Succession			
	110 U&GOLD	‹ 6.35 Dad's Army		8.00 The Good Life	8.35 The Thin Blue Line		9.15 Gavin & Stacey	10.00 The Royle Family	10.35 The Good...
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Agatha Christie's Poirot	
	120 ITV4	7.00 Gallagher Premiership Unleashed		8.00 Junk and Disorderly		9.00 Film: Rambo III			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Kevin Bridges: The Brand New Tour		10.00 Comedy Central Live	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead	9.50 Grimm		
	113 SKY MAX	7.00 Stargate Universe		8.00 Freddie Fries Again		9.00 Rob Beckett's Smart TV	9.45 Strike Back: Vengeance		
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Landscape Artist of the Year		9.00 Artist of the Year: Masterclass		10.00 The Warhol Effect	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 Katherine Ryan: Parental Guidance		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Jade Fever		10.00 Gold Rush: White Water	
	162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 Isle of Jaws: Blood Brothers		9.00 Deadliest Sharks		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Construction Fails	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 The Curse of Oak Island		10.00 Tales from Oak Island	
	155 U&YESTERDAY	7.00 Canal Boat Diaries				9.00 Great Canal Journeys		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Ghislaine Maxwell: Epstein's Shadow		8.00 UFO		9.00 Becoming Madonna			
FILMS - Sky Cinema	301 PREMIERE	‹ 6.15 Timestalker		8.00 Bad Boys: Ride or Die				10.00 The Fall Guy	
	302 FEEL GOOD	‹ 6.00 Miss Congeniality 2: Armed and...		8.00 Crazy Rich Asians				10.05 The Boat That Rocked	
	303 HITS	‹ 5.55 SAS: Red Notice		8.00 Retribution			9.40 Gunpowder Milkshake		
	304 GREATS	‹ 6.15 Airplane!		8.00 Airplane II – The Sequel			9.40 HouseSitter		
	305 ANIMATION		7.10 Captain Underpants		8.45 Sing				
	306 FAMILY	‹ 5.40 Angus...	7.30 Maya the Bee			9.10 Robo-Dog			
	307 STUNTS	‹ 6.15 300: Rise of an Empire		8.00 Jack Reacher				10.15 The Punisher	
	308 COMEDY	‹ 6.15 About Last Night		8.00 Coup!			9.55 My Big Fat Greek Wedding 2		
	309 THRILLER	‹ 5.40 In the Line of Fire		8.00 Zero Dark Thirty					
	310 DRAMA	‹ 6.20 Aisha		8.00 Jesus Revolution				10.05 Lamborghini: The Man Behind...	
	311 SCI-FI	‹ 6.00 Star Trek: First Contact		8.00 Godzilla				10.05 Jaws	
	313 FILM4	‹ 6.45 Raiders of the Lost Ark				9.00 Transporter 2			
SPORT	401 MAIN EVENT	‹ 11.00 Tennis – Live: Coverage from the WTA and/or ATP Tours					9.30 Sky Sports News	10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Transfer 360	8.00 Gary Neville's Soccerbox		9.00 PL Stories	9.30 PL 100 Club	10.00 PL Icons	
	403 FOOTBALL	7.00 WSL	7.30 EFL Highlights	8.00 Scottish...	8.30 Bundesliga Highlights Show		9.30 EFL Highlights		
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	7.00 UEFA Champions League – Live: Coverage of a match in the league phase							10.30 UEFA...
	411 TNT SPORTS 2	7.00 UEFA...	7.30 UEFA Champions League – Live: Coverage of a match in the league phase						10.30 UEFA...

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Defenders: Busting the Bad Guys** A fatal lorry crash. (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A family heirloom. (S)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition Decluttering. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** By the Liberal Democrats. (S)

8.00 The Repair Shop

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Stacey and Honey team up to save Martin's stall, Ravi is given a challenge, and Ruby is upset by what she sees. (S)(AD)

8.00 **The Repair Shop** New edition Experts try to restore a rugby shirt worn by a professional Welsh player in the 1960s, a 45-year-old serving plate, a map used by an RSPCA inspector and an accordion from the 1940s. (S)(AD)

9.00 NEW **Idris Elba: Our Knife Crime Crisis** The actor confronts the reality of knife crime, speaking to victims, offenders, police officers and grieving families, in a quest to uncover how the cycle can be broken. (S)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Match of the Day: Champions League** Action from the eighth and final round of league phase fixtures, including Aston Villa v Celtic at Villa Park, Girona v Arsenal at Estadi Montilivi, Manchester City v Club Brugge at the Etihad Stadium and Liverpool v PSV Eindhoven at Anfield. (S)
12.00 M'T **Sarra Elgan's Six Nations Preview** Sarra meets with representatives from all six countries to gain an insight into their lives behind the action on the eve of the championship. (S)
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Escape to the Country** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** From Essex. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **Wild China** The lives of animals on the Tibetan plateau. (S)(R)(AD)
4.15 **The Planets** Jupiter. (S)(R)(AD)
5.15 **Flog It!** From Norfolk. (S)(R)
6.00 **Richard Osman's House of Games** New edition Former players Fern Britton, JB Gill, John Kearns and Sally Lindsay return. (S)
6.30 **Alison Hammond's Florida Unpacked** New edition 3/10. Alison and Aidan visit an 1980s-style Florida attraction. (S)(AD)

6.30 Alison Hammond's Florida...

7.00 **Celebrity Antiques Road Trip** New edition DJ duo Nihal Arthanayake and Dev Griffin travel around the south-east of England, searching for profitable antiques with the help of experts Catherine Southon and James Braxton. (S)

8.00 **Great British Menu** New edition Paul Ainsworth judges as the three remaining chefs from the north-west of England prepare their mains and desserts, inspired by great Britons of the past. (S)
■ Continues tomorrow

9.00 NEW SERIES **Murder Trial: Girl in the River** 1/2. Documentary about the murder of Scottish schoolgirl Caroline Glachan in 1996, whose body was found in the River Leven, Dunbartonshire. (S)(AD)

10.00 NEW TO BBC2 **The Cockfields** 1/6. Comedy starring Joe Wilkinson. Simon visits the Isle of Wight with his new fiancée. *Previously on U&Gold*. (S2) (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Unspun World with John Simpson** A look at the week's major global news stories (S)
11.35 **The Last Musician of Auschwitz** The story of 99-year-old Anita Lasker-Wallfisch, the only surviving member of the women's orchestra at Auschwitz. (S)(R)(AD)
1.05 AM **Sign Zone: The Traitors** (S)(R)
2.15 **Sign Zone: SAS Rogue Heroes** (R)
3.15 **Sign Zone: Lifeline** (S)(R)
3.25 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition With Eddie Kadi and Jeanette Kwakye. (S)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Tina takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.20 **Party Political Broadcast** By the Liberal Democrats. (S)
6.30 **ITV News** (S)

9.00 Grantchester

7.30 **Emmerdale** Amy has a proposal for Matty, Bob is struggling, and Nicola talks Laurel down. (S)(AD)

8.00 **Coronation Street** Abi suffers a meltdown at the scene of Mason's stabbing, Evelyn doubts Cassie's motive for moving in with Ken, David calls on Andy for a favour, while old habits die hard for Leanne and Steve. (S)(AD)

9.00 **Grantchester** New episode 4/8. Alphy is invited to a party at a country manor, but the evening's frivolities are cut short when a body is discovered in the basement. (S9) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.35 **Gallagher Premiership Unleashed** Action from the 11th round of fixtures, including Harlequins v Northampton Saints, Gloucester v Leicester Tigers and Exeter Chiefs v Saracens. (S)(R)
12.00 M'T **Teleshopping**
3.00 AM **Tonight: Older Drivers – Danger at the Wheel?** (S)(SL)(R)
3.25 **Tom Kerridge Cooks Britain** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 15-17/26. (S10) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** (S2&3) (S)(R)
10.40 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** Five editions. (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition It's opening day for Aggi and Camille in France. (S)
5.00 **Four in a Bed** New edition The third visit is to Ballylough House in County Antrim. (S)
5.30 **Come Dine with Me** New edition TikToker Josh hosts the third dinner party in Cambridge. (S)
6.00 **A Place in the Sun** New edition A Manchester couple search for a holiday home in Cadiz, Spain. (S)

8.00 Kirstie & Phil's Love It or List It

7.00 **News** (S)

8.00 **Kirstie & Phil's Love It or List It** New edition Kirstie Allsopp and Phil Spencer help Hamilton couple Scott and Jaqui decide if they should renovate their once-perfect four-bedroom home or move somewhere new. (S)(AD)

9.00 NEW SERIES **Brian and Maggie** 1/2. A dramatic recreation of an interview between Margaret Thatcher and Brian Walden. Stars Steve Coogan and Harriet Walter. *See feature, page 4*. (S)
■ Concludes tomorrow

10.00 **Celebrity Gogglebox** Famous faces appraise *Stranger Things*, *This Is MY House*, *Who Wants to Be a Millionaire?* *For Soccer Aid*, *The Savoy*, *Million Pound Pawn* and *Romeo and Duet*. (S)(R)(AD)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **Celebrity Hunted** (S)(SL)(R)
1.00 **Travel Man: 48 Hours in Washington, DC** (S)(SL)(R)(AD)
1.30 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(SL)(R)
2.20 FILM **Downhill** Comedy drama with Julia Louis-Dreyfus and Will Ferrell. (S) (2020, 15, 85min) ★★★★
3.45 **Fill Your House for Free** (S)(R)
4.05 **Frasier** (S11) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S9) (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Broken Ties** Thriller starring Brianna Cohen. (S)(AD) (2023, 12, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Liz hosts a pub quiz for the pensioners in the local community. (S)(AD)
5.00 **News** (S)
6.00 **Our Great Yorkshire Life** 3/6. In Brontë Country, an eager band of 50 workers and volunteers at the Keighley & Worth Valley Railway have a hectic week of maintenance work. (S)(R)
6.55 **News** (S)

8.00 Heat Pumps: Are They...

7.00 **GPs: Behind Closed Doors** Brian, a retired firefighter comes in to see Dr Amanda Ramshaw with concerns about his prostate. (S)(R)
7.55 **News** (S)

8.00 NEW **Heat Pumps: Are They Really Worth It?** Alexis Conran investigates whether heat pumps live up to the hype, examining the pros and cons to help consumers choose the best option for their homes. (S)

9.00 **The Castaways** New episode 4/5. Erin has her suspicions confirmed when she uncovers that there were intentions for the plane to crash. (S1) (S)(AD) ■ Concludes tomorrow

10.00 **999: Emergency Call Out** Teams respond to emergency calls, including an 18-month-old baby girl thought to be suffering an anaphylactic shock and a head-on collision involving a car and a delivery van. (S)(R)

11.05 **Ambulance: Code Red** (S)(R)
12.05 AM **Motorway Cops: Catching America's Speeders** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Tsunami: Impact** (S)(R)
3.50 **Yorkshire: A Year in the Wild** Summer in Yorkshire. (S)(R)(AD)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 4/15. (S5) (S)(R)
5.00 **The Simpsons** *Love Is in the N2-O2-Ar-CO2-Ne-He-CH4:* Professor Frink plays matchmaker for the lonely people of Springfield. (S)(R) **5.30** *Lisa with an S:* Lisa stays with a Broadway legend. (S)(R)
6.00 **The Office (US)** 1/26. Michael infuriates the staff by hiring his apathetic nephew Luke. (S)(R) **6.30** 2/26. Michael takes counselling sessions. (S7) (S)(R)

8.00 Landscape Artist of the Year

7.00 **The Simpsons** *Gal of Constant Sorrow:* Bart offers a homeless woman the chance to live in his wardrobe. (S)(R) **7.30** *Lisa the Veterinarian:* Lisa is inspired to become a veterinarian. (S)(R)

8.00 **Landscape Artist of the Year** New edition The search for the nation's best landscape painter continues in the village of Llanberis in Snowdonia. Hosted by Stephen Mangan. (S)

9.00 FILM **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles, Joan Allen and David Strathairn. (S) (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.05 **Alan Carr: Regional Trinket** A stand-up show that is all about finding happiness and joy in the small things in life. (S)(R)
12.10 AM **Karl Pilkington: The Moaning of Life** (S)(R)(AD)
1.10 **Brit Cops: Law & Disorder** (R)
2.05 **Road Wars** (S)(R)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 4/15. (S5) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
2.30pm Politics Scotland (S) **3.15-3.45** Animal Park (S)(R)(AD) **12.00m't** Debate Night (S)(R) **1.00am** Scotcast (S)(R) **1.30** Sarra Elgan's Six Nations Preview (S) **2.00** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm Sarra Elgan's Six Nations Preview (S) **10.40** Scrum V Top 5s (S) **11.10pm-12.30am** Match of the Day: Champions League (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
7.00pm The One Show (S) **7.30** Celebrity Antiques Road Trip New edition (S) **8.30** Great British Menu New edition (S) **9.30-10.30pm** NEW Murder Trial: Girl in the River (S)(AD)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri (AD) **12.30** Heno **1.00** Codi Hwyl **1.30** Y Ci Perffaith **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwladfa: Gwilym Bowen Rhys **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Colleen Ramsey: Bywyd a Bwyd New edition **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Troseddau Cymru Gyda Sian Lloyd (AD) **10.00** Colli Cymru I'r Môr (AD) **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr! (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** The team test drive some SUVs.
7.55 **The Catch Up**
8.00 **The Traitors US** New edition 3/12. Strangers unite to embark on a game of detection, backstabbing and trust, in the hope of winning a cash jackpot.
9.00 **Suits** 3/16. Harvey is torn between Logan and Mike. **9.45** 4/16. Mike aims to stage a hostile takeover of Gillis Industries. (S4)
10.25 **Such Brave Girls** 1/6. Comedy starring Kat Sadler. Deb invites her boyfriend to meet her adult daughters. **10.50** 2/6. Deb worries she and Dev have nothing to talk about and is determined to bond with him. (S1)
11.20 **Life and Death Row**
12.20 AM **Top Gear**
1.20 **Eating with My Ex**
1.50 **Squad Goals: Dorking 'Til I Die** Documentary.
2.20 **Such Brave Girls**
3.10 **A Better Place**
3.25 **to 3.55** AM **Eating with My Ex**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Canal Boat Diaries** Robbie Cumming concludes his trip in Liverpool Docks.
7.30 **Yorkshire Wolds Way with Paul Rose** 2/2. Paul explores the national trail.
8.00 **Himalaya with Michael Palin** 1/6. The intrepid traveller embarks on a journey from the Khyber Pass to the Bay of Bengal.
9.00 **The Beginning and End of the Universe** 2/2. Professor Jim Al-Khalili considers how the universe will end.
10.00 **Babs** Biopic of Barbara Windsor, following her life between 1943 and 1993. Stars Samantha Spiro, Jaime Winstone, Honor Kneafsey and Windsor herself.
11.30 **Bouffants, Beehives and Bobs: The Hairstyles That Shaped Britain**
12.30 AM **Canal Boat Diaries**
1.00 **Yorkshire Wolds Way with Paul Rose**
1.30 **The Beginning and End of the Universe**
2.30 **to 3.30** AM **Himalaya with Michael Palin**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun: Home or Away**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Erin and JB renovate one of the turrets at Château de Bourneau.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend secretly restore a Renault 5 GT Turbo. **6.55** Fuzz and Tim attempt to restore a Fiat 500.
7.55 **Grand Designs Revisited** Kevin McCloud visits Sue and Martin who began their build in 1999 with an original deadline of Christmas 2000. Over 20 years later, Kevin returns to see if it's complete. **9.00** Kevin follows the progress as Adam and Tassy make a family home out of an abandoned water tower in Northamptonshire.
10.00 **Outrageous Homes** Laurence Llewelyn-Bowen meets Trevor, who's 86 and has dedicated decades to creating his very own Venetian palazzo in Staines.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.10 **Grand Designs**
2.15 **Emergency Helicopter Medics** Documentary.
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Days of Wine and D'Oh'ses.*
7.00 **Hollyoaks** Flames are reignited for a former couple.
7.30 **Modern Family** 9/18. Cam tries to keep his big interview a secret. (S11)
8.00 **The Simpsons** *Fears of a Clown:* Bart inadvertently ruins Krusty's career. **8.30** *King Leer:* The Simpsons discover Moe is estranged from his family.
9.00 **Celebrity Gogglebox** Opinions on *Dirty Dancing* and *The Masked Dancer.*
10.00 **First Dates** Bristol-based Becky seeks a man who will accept her and her snake.
11.05 **Naked Attraction's Best Naughty Bits**
12.10 AM **Gogglebox**
1.10 **Celebrity Gogglebox**
2.10 **First Dates**
3.10 **Teen First Dates**
4.05 **The Simpsons**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Wednesday primetime

Wednesday primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **The Force: Manchester**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 17/22. (S6)
12.00 NOON **FBI** 19/22. (S5)
1.00 PM **FBI: International** 19/22. An American tourist is killed while visiting Stockholm. (S2)
2.00 **FBI: Most Wanted** 19/22. A news anchor is shot. (S4)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

10.00 The Rookie

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Remorse:* 2/13. The team investigate the murder of the president of the New York Federal Reserve. (S6)

9 PM
9.00 **Elsbeth** *Love Knocked Off:* 4/10. Things turn deadly when Margo Clarke goes to extreme lengths to hide the truth. (S1)

10 PM
10.00 **The Rookie** *Clean Cut:* 8/20. Officer Nolan starts his birthday babysitting a crime scene in a law office. (S2)
11.00 **Fire Country** 6/10. A fire camp inmate escapes. (S2)
12.00 M'T **Chicago Fire** 13/13. (S12)
1.00 AM **Chicago PD** 13/13. (S11)
2.00 **Chicago Med** 13/13. (S9)
3.00 **Bull** 14/22. (S6)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.10 **The Sopranos** 1&2/21. (S6)
10.15 **Billions** 11&12/12. (S3)
12.25 PM **Game of Thrones** (S2)
1.30 **Perry Mason** 5&6/8. (S2)
3.35 **The Sopranos** 1/21. Tony receives a retirement request. **4.40** 2/21. Carmela and Meadow hold a vigil at Tony's bedside. (S6)
5.45 **Billions** 11/12. Chuck advances a dangerous plan. **6.50** 12/12. Chuck looks to strike the ultimate blow. (S3)

9.00 Succession

7.55 **Game of Thrones** *The Prince of Winterfell:* 8/10. Robb Stark discovers he has been betrayed, and Daenerys' hunger for the Iron Throne prompts her to ignore advice. (S2)

9.00 **Succession** *Austerlitz:* 7/10. Shiv considers joining the team of a divisive candidate.

10.05 **Succession** *Prague:* 8/10. Tom has a bachelor party to remember, while Kendall and Roman eye new opportunities. (S1)
11.10 **Band of Brothers** 1/10. The rivalry between Sobel and a respected junior officer comes to the fore. (S1)
12.35 AM **Big Little Lies** 5/7. (S2)
1.40 **Game of Thrones** As 7.55pm.
2.40 **Gomorrah** 2/12. (S4)
3.40 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 14&15/22. (S5)
8.00 **Supergirl** 14/20. (S6)
9.00 **Stargate Universe** (S2)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 16/20. (S6)
1.00 PM **S.W.A.T.** 16&17/22. (S5)
3.00 **NCIS: New Orleans** (S7)
4.00 **MacGyver** 4/15. (S5)
5.00 **DC's Legends of Tomorrow** 11/13. Sara and the team create an aberration that will attract the Evil Waverider. (S7)
6.00 **Stargate Universe** 15/20. Rush is found in a coma in the neural interface chair. (S2)

8.00 Freddie Fries Again

7.00 **Stargate Universe** *The Hunt:* 16/20. Lt Johansen and Corp Reynolds are kidnapped by an alien creature. (S2)

8.00 **Freddie Fries Again** 2/6. Andrew Flintoff and Rob Penn take their mobile chippie to Newmarket.

9.00 **Rob Beckett's Smart TV** With Anna Maxwell-Martin, Cush Jumbo and Romesh Ranganathan.
9.45 **Strike Back: Vengeance** 4/10. Stonebridge and Scott seek refuge in a farmhouse. (S3)
10.45 **Road Wars** Officers help a heart attack victim.
11.50 **Karl Pilkington: The Moaning of Life** 3/6. Karl meets a group of vigilante superheroes in San Diego.
12.55 AM **Brit Cops: Law & Disorder**
2.00 **A League of Their Own** New edition With Andy Murray.
3.00 **NCIS: New Orleans** 7/16. (S7)
4.00 **MacGyver** 4/15. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.05 **In with a Shout**
3.05 **Charmed** 3/22. (S7)
4.00 **Gilmore Girls** 2/22. (S4)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With contestants Vick Hope, Ranvir Singh and Iain Stirling.

6.00 Celebrity Catchphrase

7.00 **Wheel of Fortune** Graham Norton invites three contestants to spin the wheel to try and win a possible £50,000.

8.00 **Gordon Ramsay's Food Stars USA** New edition The teams try to create unique concept bars in a crowded market.

9.00 **Love Island: All Stars** New edition The temperature in paradise continues to rise and the stakes are getting higher.

10.05 **G'wed** 5/6. It's Aimee's big night at the play. (S1)
10.35 **Family Guy** 11/20. The guys tell stories about their first true loves. (S21)
11.05 **Family Guy** 4/20. Lois remembers a past date. (S21)
11.30 **American Dad!** (S17)
12.30 AM **Bob's Burgers** (S9)
1.30 **The Emily Atack Show**
2.15 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **A Touch of Frost**
10.30 **The Royal** *Loved and Lost.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Unknown Soldiers:* An armed thug takes Frost hostage and sets out to solve the death of a soldier.
5.55 **Heartbeat** *Still Water:* An investigation into a cattle auctioneer puts Mike and his wife at loggerheads.

8.00 Grace

6.55 **Heartbeat** *Sweet Sixteen:* Part one of two. Mike struggles to deal with his wife's departure, but finds a shoulder to cry on.

8.00 **Grace** *Dead Man's Footsteps:* A sinister inquiry into skeletal remains found in a Brighton storm drain takes Grace down a labyrinthine trail through the past, but it's not only on the professional front that he is chasing ghosts.

10.00 **Agatha Christie's Poirot** *Third Girl:* The death of a former nanny is believed to be suicide until a discovery connects her to a troubled heiress.
12.00 M'T **Wire in the Blood** 1&2/8. Feature-length episode. The psychologist investigates a possible honour killing. (S6)
1.50 AM **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Our Lives: Boots and Beards** A Scots-Asian hillwalking group.
8.00 **Paramedics on Scene** A Dundee ambulance crew investigate the cause of a man's sudden collapse at a bus stop.
9.00 **Debate Night** New edition Topical debate on the major issues affecting Scotland and beyond.
10.00 **Giving It Stick** Documentary celebrating the game of shinty and the Highland communities that play it.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland** Revisiting the trial of Angus Sinclair for the World's End murders.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** 2&3/8. (S5)
9.15 **The Conners** (S3)
10.10 **Silicon Valley** (S4)
11.35 **High Maintenance** (S1)
12.50 PM **Entourage** (S6)
2.00 **Silicon Valley** (S4)
3.20 **High Maintenance** (S1)
4.35 **Ballers** 2&3/8. (S5)
5.45 **The Office (US)** (S7)
6.45 **The Conners** (S3)
7.45 **Ballers** 5/9. Spencer looks to elevate the SportsX TV brand. **8.20** 6/9. Spencer recruits Q to help him leverage a deal. (S4)
9.00 **Entourage** 7/12. Vince works with a supermodel. **9.35** 8/12. Turtle meets Jamie-Lynn Sigler. (S5)
10.10 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.10 **Alan Carr: Regional Trinket** Stand-up show.
12.20 AM **Sex and the City**
1.45 **High Maintenance** (S1)
3.05 **to 5.00** AM **Togetherness**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Cirque du Soleil: Kurios – Cabinet of Curiosities**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist...**
1.00 PM **Tales of the...**
2.00 **Art Traffickers**
3.00 **Discovering**
4.00 **Classic Albums**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Landscape Artist of the Year** New edition
9.00 **Artist of the Year: Masterclass** Double bill.
10.00 **The Warhol Effect**
12.00 M'T **Botticelli, Florence and the Medici**
2.00 AM **Backstage: Ralph Fiennes in Straight Line Crazy**
3.00 **Offended by Irvine Welsh** Documentary.
4.00 **Life & Rhymes**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 18/26. (S6)
5.00 **Stargate Atlantis** (S1)
6.00 **Star Trek: Deep Space Nine** 12/26. (S7)
7.00 **Star Trek: Voyager** (S3)
8.00 **Landscape Artist of the Year** New edition The contest continues in Llanberis, north Wales.
9.00 **The Rookie** (S2)
11.00 **Britain's Most Evil Killers** Angus Sinclair.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Backyard Builds** New edition DIY series.
8.10 **Celebrity Homes**
9.10 **Ainsley's Taste of Malta**
10.10 **Worst to First** New edition
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **Celebrity Homes**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Ainsley's Taste of Malta**
8.00 **Dinner Date**
9.00 **Botched by Nature**
10.00 **Botched** Double bill.
11.55 **The Only Way Is Essex**
12.55 AM **Backyard Builds**
1.20 **Unwind**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 5/13. (S2)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 10/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 21–24/25. Four episodes. (S8)
9.00 **Randall and Hopkirk (Deceased)** *Never Trust a Ghost:* 4/26. Marty is certain he has just witnessed a murder. (S1)
10.00 **The New Avengers** *Trap:* 6/13. The team go on the run from Chinese gangsters. (S2)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S8)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **Return of Sherlock Holmes**
9.20 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots**
12.25 PM **Return of Sherlock Holmes** Murder mystery.
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Professionals**
6.00 **BattleBots** New edition Featuring four must-win battles.

4.50 The Professionals

7.00 **Gallagher Premiership Unleashed** Action from the 11th round of fixtures, featuring Harlequins v Northampton Saints.
8.00 **Junk and Disorderly** Henry Cole and his team attempt to bring a vintage Morris 8 and a Triumph chopper back to life.
9.00 FILM **Rambo III** Violent action adventure sequel starring Sylvester Stallone as the fearless warrior on a rescue mission in Russian-occupied Afghanistan. (1987, 18, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Wrestling: AEW Collision**
1.00 AM **Dark Side of the Ring** New edition Documentary.
1.50 **The Professionals**
2.45 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 9/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 24/26. (S5)
2.00 **Warehouse 13** 9/13. (S2)
3.00 **Stargate SG-1** 11/20. (S8)
4.00 **Star Trek: Voyager** 7/26. (S2)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 9/26. The crew of the *Enterprise* mediate in a violent dispute. (S3)

10.40 The Lawnmower Man

7.00 **Warehouse 13** *Vendetta:* 9/13. Artie's past as an NSA agent in the 1970s returns to haunt him. (S2)
8.00 **Stargate SG-1** *Gemini:* 11/20. A duplicate of Colonel Carter approaches Stargate Command, asking them to help her. (S8)
9.00 **The Walking Dead** *Better Angels:* 12/13. Shane refuses to tolerate Rick's leadership any longer. (S2)
9.50 **Grimm** *Cat and Mouse:* 18/22. Nick and Hank are on the trail of a killer. With Sebastian Roche. (S1)
10.40 FILM **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan, Jeff Fahey and Jenny Wright. (1992, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.15 AM FILM **5-Headed Shark Attack** Mutant fish thriller with Nikki Howard and Jorge Navarro. (2017, 15, 105min) ★
3.00 **Room 104** 1&2/12. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 3/16. (S3)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S8)
4.00 **Miss Scarlet and the Duke** 6/6. Eliza receives a bomb in the morning post. (S3)
5.00 **Hudson & Rex** 3/16. Charlie and Rex head into the wilderness in search of a survivalist community. (S3)
6.00 **Father Brown** As 10.00pm.

7.00 The Mentalist

7.00 **The Mentalist** *Pink Tops:* 8/24. Jane is called to a car park where an undercover policewoman has been shot. (S4)
8.00 **White Collar** *As You Were:* 8/16. Peter and Neal help Jones investigate the disappearance of a Naval Academy student. (S3)
9.00 **Death in Paradise** *Amongst Us:* 8/8. A murder uncovers a case of money-laundering and secret identity. (S1)
10.00 **Father Brown** *The Curse of the Aesthetic:* Father Brown investigates when a tortured artist is found murdered.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 13/21. The CSI team investigate the death of an archaeologist. (S2)
2.00 **So Help Me Todd** 3/21. (S1)
2.45 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.35 AM **Highlights**
9.25 **The Good Life**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **The Good Life**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **The Green Green Grass**
6.00 **Are You Being Served?**
6.35 **Dad's Army**

8.35 The Thin Blue Line

7.20 **Dad's Army** Mainwaring and the platoon dress as firemen to take part in an initiative exercise.
8.00 **The Good Life** Tom and Barbara introduce livestock into the suburbs.
8.35 **The Thin Blue Line** Raymond celebrates the Queen's birthday.
9.15 **Gavin & Stacey** Bank Holiday Monday sees the Essex mob arrive for a day at the beach in Barry.
10.00 **The Royle Family** The day of Baby David's christening arrvies.
10.35 **The Good Life** As 8pm.
11.15 **The Thin Blue Line**
11.55 **Gavin & Stacey** As 9.15pm.
12.30 AM **The Royle Family**
1.10 **The Real McCoy**
1.50 **The Thin Blue Line**
2.20 **Gavin & Stacey** As 9.15pm.
2.50 **The Royle Family** As 10pm.
3.20 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Gassed Up**
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Fishing with Robson Green** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Our Guy in India**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si and Dave explore what Britons ate during wartime.
6.00 **Rick Stein's Secret France** The chef takes a culinary tour of France, beginning in Dieppe, where he prepares some freshly caught turbot.

11.00 8 Out of 10 Cats

7.00 **QI XL** With guests Phill Jupitus, Sara Pascoe and Josh Widdicombe.
7.40 **Richard Osman's House of Games** With Gareth Thomas and Olga Koch. **8.20** Hugh Fearnley-Whittingstall, Jodie Kidd, Jamali Maddix and Suzi Perry take part.
9.00 **QI XL** Host Stephen Fry is joined by panellists Phill Jupitus, Jo Brand, Hugh Dennis and Alan Davies to discuss all things French.
10.00 **Have I Got a Bit More News for You** Romesh Ranganathan hosts the satirical quiz, with Alice Levine and Grayson Perry.
11.00 **8 Out of 10 Cats** With Jamie Laing, Jessica Knappett, Rose Matafeo and Geoff Norcott.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **QI XL** As 7.00pm.
2.00 **to 4.00** AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74

Wednesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Grand Designs** The construction of a home on a tiny plot in Hackney.
8.00 **Jamie's £1 Wonders & Money-Saving Meals** Jamie Oliver cooks mushroom soup using up discounted veg.
9.00 **The Great Pottery Throw Down** Ceramic artist Laima Laurina guest judges Raku Week.
10.15 **Mysteries of Loch Ness** The enduring history, folklore and science of the Loch Ness monster.
12.15 AM FILM **Transformers** Sci-fi adventure starring Shia LaBeouf. (2007, 12, 144min) ★★★★
3.00 **Manhunt**
4.00 **to 4.55** AM **Sarah Beeny's New Life in the Country**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 16-18/24. (S7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Enemies Foreign:* 8/24. Part one of two. Ziva confronts her past when the team are ordered to protect her father at a gathering of former heads of NCIS. **7.00** *Enemies Domestic:* 9/24. Part two of two. The safe house is attacked and Eli goes missing. **8.00** *False Witness:* 10/24. A Navy officer due to testify in a murder trial goes missing. (S8)
9.00 **Criminal Minds** *The Place at the Table:* 20/23. A woman and her children are killed at their dinner table. (S10)
10.00 **Law & Order: Special Victims Unit** (S13&12)
1.50 AM **Law & Order** (S23)
2.50 **New York Undercover**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** Two octogenarians visit the surgery.
9.00 **999: Critical Condition**
10.00 **Police: Suspect No 1**
11.00 **Skin A&E**
12.00 M'T **Making a Serial Killer** The story of the 'Craigslist Killer', Richard Beasley.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.30 **Traffic Cops**
10.30 **Police Interceptors**
11.30 FILM **The Three Musketeers: The Queen's Diamonds** Adventure with Michael York and Oliver Reed. (1973, PG, 102min) ★★
1.45 PM FILM **The Four Musketeers** Comedy adventure sequel. (1974, PG, 105min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.05 FILM **Universal Soldier: Regeneration** Thriller sequel starring Jean-Claude Van Damme. (2009, 18, 97min) ★★★
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** 4/4. Pete travels to Northern Ireland to pick up three stray dogs.
9.00 **Katherine Ryan: Parental Guidance** The comedian visits a naturist family to improve her family's body image.
10.00 **999 Rescue Squad** A high-speed crash leaves a woman seriously injured and trapped in her crumpled car.
11.00 **Louis Theroux: Life on the Edge** Documentary.
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **Jo Frost: Nanny on Tour**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.20 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Shakespeare & Hathaway: Private Investigators** *If It Be Man's Work:* 1/9. (S4)
9.00 **The Alienist** Series finale *Castle in the Sky:* 10/10. The team finally close in on the killer. (S1)
10.10 **New Tricks**
11.25 **Bergerac**
12.25 AM **Lovejoy**
2.45 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

WEDNESDAY Entertainment

Really
142 128 17 145

6.00 AM **Celebrity Fantasy Homes** Kelly Hoppen.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Asian furniture.
6.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip** The final auction takes place at Cirencester. **8.00** Anita Manning and James Braxton compete.
9.00 **Body Bizarre** New edition Harper's rare condition means she makes skin too fast. **10.00** A teenager has a lymphatic malformation in her face.
11.00 **The Bad Foot Clinic**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole**
7.00 **Tenable** Warwick Davis hosts as a family of five from Bath attempt to answer questions about top 10 lists.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **FILM Cromwell** Historical drama. (1970, PG, 141min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Bite the Bullet** Western adventure with Gene Hackman. (1975, PG, 131min) ★★★★
3.50 **FILM The Stranger Wore a Gun** Western. (1953, U, 83min) ★★
5.50 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM Ghosts of Mars** Sci-fi thriller starring Natasha Henstridge. (2001, 15, 97min) ★★★
11.05 **FILM Red Sun** Western with Charles Bronson. (1971, 15, 112min) ★★
1.30 AM **FILM Sub-Zero** Action adventure. (2004, 15, 90min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM The Killer Trainer** Crime thriller. (2018, 12, 90min) ★★
10.55 **FILM Willed to Kill** Thriller. (2012, 12) ★★★
1.00 PM **FILM Burden of Evil** Thriller. (2012, 12) ★
3.00 **FILM Crimes of Passion** Suspense thriller. (2005, PG, 86min) ★★★
4.55 **FILM Killer Cove** Thriller. (2018, PG) ★★
7.00 **FILM Solar Attack** Sci-fi disaster movie. (2005, PG, 90min) ★★
9.00 **FILM Judge Dredd** Sci-fi action thriller. (1995, 15, 95min) ★★
11.05 **FILM 13** Thriller remake. (2010, 15, 87min) ★★
1.00 AM **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama. (2020, PG) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM The Landlord** Thriller. (2017, PG, 94min) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM **FILM In the Key of Love** (2019, PG) ★★
10.05 **FILM The Song to My Heart** Romantic drama. (2022, PG, 85min) ★★
12.05 PM **FILM Love, Of Course** Comedy. (2018, PG, 84min) ★★
2.00 **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
4.00 **FILM Aloha with Love** Comedy. (2022, PG) ★★
6.05 **FILM Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
8.00 **FILM A Little Daytime Drama** Comedy. (2021, PG, 90min) ★★
9.55 **FILM Secret Millionaire** Romantic comedy. (2018, PG, 84min) ★★
11.50 **FILM Romance Retreat** Comedy. (2019, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love's Last Resort** Drama. (2017, PG, 85min) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Space 1999** 11/24. (S1)
10.00 **I Dream of Jeannie**
10.30 **Watching** 6/11. (S5)
11.00 **A Fine Romance** (S3)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Fantastic Journey**
1.00 PM **Department S** (S2)
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 6/11. (S5)
6.00 **I Dream of Jeannie**
6.30 **Married... With Children**
7.00 **Blue Thunder** 7/11. (S1)
8.00 **Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Hammer House of Horror** 6/13. (S1)
12.30 AM **Shine on Harvey...**
1.30 **Arthur C Clarke**
2.30 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Jake scrambles to repair a slack tank before it capsizes the *Saga*. **8.00** Junior attempts a risky high seas delivery of three new motors.
9.00 **Building Off the Grid** A family plan to build a geodesic dome home in the North Georgia. **10.00** A man works to build his dream home in the Idaho mountains.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **French Adventure**
7.00 **The Pioneer Woman**
9.00 **Hairy Bikers Go Local**
10.00 **The Hairy Bikers' Mediterranean...**
11.00 **Great British Bake Off**
1.00 PM **Islands to Highlands**
2.00 **French Adventure**
3.00 **The Pioneer Woman**
5.00 **Hairy Bikers Go Local**
6.00 **The Hairy Bikers' Mediterranean Adventure** From Italy.
7.00 **Great British Bake Off**
8.00 **Adam Richman Eats Football** In Manchester.
8.30 **Adam Richman Eats Britain** From Cheddar.
9.00 **Islands to Highlands**
10.00 **Last Bite Hotel** New edition
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 12/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 6/22. (S3)
11.00 **FILM End of the World** Action disaster movie. (2018, PG, 88min) ★★
1.00 PM **FILM Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
3.00 **FILM Shark** Thriller starring Burt Reynolds. (1969, 15, 88min) ★★
5.00 **Star Trek** 11/30. (S1)
6.00 **T.J. Hooker** 7/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Criminal** Thriller starring Kevin Costner. (2015, 15, 113min) ★★★
11.15 **FILM Wanted: Dead or Alive** Action thriller. (1988, 106min) ★★
1.20 AM **FILM Deepstar Six** Sci-fi monster chiller. (1988, 15, 100min) ★★
3.15 **to 5.00** AM **FILM Paydirt** Crime thriller. (2020, 15, 86min) ★

Legend Xtra
317 171 69 138

6.00 AM **FILM Eagle's Wing** As shown at 5.00pm.
8.00 **FILM MacShayne: Winner Takes All** Drama. (1994, PG, 87min) ★★
10.00 **Farscape** 10/22. (S1)
11.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
1.00 PM **FILM MacShayne: Final Roll of the Dice** Crime action drama. (1993, PG, 88min) ★★
3.00 **Farscape** 10/22. (S1)
4.00 **Star Trek** 19/30. (S1)
5.00 **FILM Eagle's Wing** Western. (1978, PG, 111min) ★★★★
7.00 **Farscape** 11/22. (S1)
8.00 **Star Trek** 20/30. (S1)
9.00 **FILM Assassination Games** Action thriller. (2010, 18, 95min) ★★
11.05 **FILM Bloodthirsty** Lycanthropic horror. (2020, 15, 84min) ★★
1.00 **to 3.00** AM **FILM Assassination Games**
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Evidence of the Unexplained**
11.10 **Strange Evidence**
12.10 PM **What on Earth?**
1.05 **Lost Secrets of the Pyramid** From Giza.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Evidence of the...**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence** New edition
10.00 **World's Most Unexplained...**
11.00 **Secrets in the Ice**
12.00 M'T **National Park Mysteries** Double bill.
1.00 AM **Evidence of the...**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient...**

5SELECT
153 138 46 133

9.00 AM **Entertainment News**
9.05 **World's Most Scenic Railway Journeys**
10.05 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Portillo's Andalucia** Michael Portillo explores Huelva, before visiting the mines of Rio Tinto and the town of Aracena.
10.00 **Malta: The Jewel of the Med** Following Malta's most skilful boat pilots.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Somerset: Wonder of the West Country**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** Searching for a home in rural Oxfordshire.
9.00 **Good Bones: Risky Business** Mina takes on a historic Victorian home and carriage house.
10.00 **Home Town** Ben and Erin find and restore a house in Mississippi. **11.00** Ben and Erin restore a large home for a teacher with a spacious kitchen.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish: Mary**
3.00 **Outdaughtered: Busby Quints**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives** Double bill following the polygamist lifestyle of Kody Brown and his family in Utah.
9.00 **You, Me & My Ex**
10.00 **Temptation Island**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Monsters Inside Me**
1.00 AM **Extreme Cheapskates**
2.00 **Temptation Island**
3.00 **Sex Sent Me to the ER**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 11 & 12/23. (S3)
10.00 **Home Improvement**
11.55 **Last Man Standing** (S9)
1.20 PM **Friends** (S10&1)
8.00 **Friends** 7/24. Joey learns something interesting. **8.30** 8/24. Guest stars Elliott Gould. (S1)
9.00 **Kevin Bridges: The Brand New Tour**
10.00 **NEW SERIES Comedy Central Live** Stand-up.
11.00 **Jimmy Carr: Telling Jokes** Stand-up comedy.
12.00 M'T **Michael McIntyre: Hello Wembley!**
1.00 AM **Beavis and Butt-Head** (S2&3)
2.00 **Reno 911!** 6&7/16. (S2)
3.00 **Rosie Jones Tries to Help** Comedy.
3.05 **Nigel Ng: The Haiyaa Special** Stand-up show.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers: Hits, Errors & Balls**
9.30 **Impractical Jokers Summer Vacation**
10.00 **Becker** 5&6/13. (S6)
11.00 **Friends** (S2)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers: Hits, Errors & Balls**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** (S3)
5.00 **Becker** 5&6/13. (S6)
6.00 **Home Improvement**
8.00 **Last Man Standing** (S9)
9.00 **Whose Line Is It Anyway? USA**
10.00 **South Park** (S14)
2.00 AM **Ricky Gervais Show**
3.00 **Guessable?**
3.45 **Henning Wehn: It'll All Come Out in the Wash**
4.30 **Jimmy Carr Live: Comedian** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Manifest** 6/13. (S3)
6.00 **The Flash** 5/18. (S7)
7.00 **MacGyver** (S2)
9.00 **Flintoff: From Lord's to the Ring**
10.00 **For Life** *The Blue Wall:* 9/10. Aaron and his team pursue criminal charges against a high-ranking police officer. (S2)
11.00 **The Equalizer** (S3)
1.00 AM **Road Wars**
2.00 **The Russell Howard Hour** Topical comedy.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 8/14. (S5)
6.20 **16 and Pregnant**
7.10 **Teen Mom: From the Beginning** Double bill.
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Wannabees**
4.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **Teen Mom UK**
9.00 **Help! I'm in a Secret Relationship!** New edition Bryan is worried about his relationship with Elene.
10.00 **16 & Recovering**
11.00 **The Challenge: Battle of the Eras** New edition Legendary competitors settle unfinished business.
12.30 AM **Ridiculousness** New edition With Steelo, Rob and Karrueche Tran.
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** McCaughans set their trommel on fire. **4.00** Minnie forces Tony to consult a mining expert.
5.00 **Deadliest Catch** The *Time Bandit* steers into 30-foot waves in a run toward Russia.
6.00 **Wheeler Dealers** Mike finds a 1992 Corrado G60.

9.00 Jade Fever

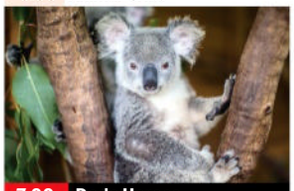
7.00 **Salvage Hunters** Drew Pritchard visits the Wirral, where he tours a stately home that doubles as an antique shop.
8.00 **Kindig Customs** The shop preps for the SEMA show in Las Vegas, while Dave and Kev attend the first concours d'elegance.
9.00 **Jade Fever** Following a large jade mining chain in remote Jade City, Canada. **9.30** Jade needs to be shifted before winter.
10.00 **Gold Rush: White Water** Feeling the squeeze of winter's grip tightening, desperation pushes the miners a step too far.
11.00 **Expedition Unknown** Spanning Europe and Africa, Josh's chase for Alexander's fortune ramps up.
12.00 M'T **Street Outlaws**
1.00 AM **Jade Fever** Double bill.
2.00 **Gold Rush: White Water**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Dogs 101** Active companions.
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Coyote Peterson: Brave the Wild** Double bill of editions.
3.00 **Tanked** With Ryan Newman.
4.00 **Bad Dog!**
5.00 **Alaska: Homestead Rescue** The Raneys create a self-automated homestead in the Alaskan wilderness.
6.00 **Animal Cribs**


7.00 Dodo Heroes

7.00 **Dodo Heroes** A look into the story of Animal Defenders International, who work to ban animal circuses across the world.
8.00 **Isle of Jaws: Blood Brothers** Exploring the mystery of where great white sharks mate, and where their pups are born.
9.00 **Deadliest Sharks** Dr Michael Domeier and Dr Barry Bruce search for rare oceanic white tip sharks.
10.00 **Alaska: The Last Frontier** The Kilchers expand a road, while Atz Sr and Bonnie salvage vital resources.
11.00 **Swimming with Monsters with Steve Backshall** The naturalist travels to the sea of Cortez to study and swim with the voracious Humboldt squid.
12.00 M'T **Pit Bulls & Parolees**
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Peru**
12.00 NOON **Car S.O.S**
1.00 PM **Disaster Autopsy**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans: Thai Cave Rescue**
4.00 **Pirates: Behind the Legends**
5.00 **Car S.O.S** Tim and Fuzz take on a 1924 Austin 7 Chummy.
6.00 **Air Crash Investigation** A plane is found in a mountain range miles from its path.

8.00 Car S.O.S

7.00 **Air Crash Investigation** A plane skids off the runway and bursts into flames at one of the most challenging airports.
8.00 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt to breathe new life into a 1973 Porsche 911 Targa.
9.00 **Car S.O.S** Tim and Fuzz rescue the rusting wreck of a rare Talbot Sunbeam Lotus belonging to a former firefighter in Forfar.
10.00 **Construction Fails** When a power station reached the end of the road, it took all the power with it.
11.00 **Air Crash Investigation** Pan Am Flight 103 in 1988.
12.00 M'T **Mysterious Islands**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** An old mill.
2.30 **Lords of War** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **The Great British Dig: History in Your Back Garden**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **Curse of Skinwalker Ranch** Documentary.
1.00 PM **Flipping Bangers**
2.00 **Lost U-Boats of WWII**
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** Robbie Wolfe finds himself immersed as he encounters a massive stash of junior dream cars.

9.00 The Curse of Oak Island

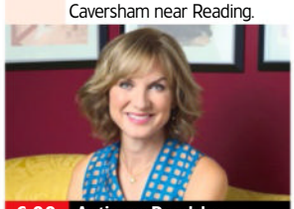
7.00 **Forged in Fire** Four smiths try to salvage steel from a massive railroad track to make their signature big blades.
8.00 **The Great British Dig: History in Your Back Garden** Archaeologists search for evidence of a Roman settlement in Kent.
9.00 **The Curse of Oak Island** New edition The Fellowship think that their search for answers is about to pay-off.
10.00 **Tales from Oak Island** New edition A storm of clues suggests that the mysterious Money Pit was created by William Phips.
11.00 **The UnBelievable with Dan Aykroyd** Outlandish inventions, including a full-body gas mask for babies and Smell-o-Vision.
12.00 M'T **Pawn Stars** Four editions.
2.00 AM **Mountain Men**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **WW2 – Frontlines**
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2 – Frontlines**
5.00 **World War Weird** The story of a bear that fought alongside the Polish army.
6.00 **Antiques Roadshow** Fiona Bruce returns to BBC Caversham near Reading.


6.00 Antiques Roadshow

7.00 **Canal Boat Diaries** Robbie Cumming discovers a mysterious message in a bottle on the Ashby Canal.
8.00 **Canal Boat Diaries** Robbie Cumming takes a tumble at Buckby Locks and has a problem with his power supply.
9.00 **Great Canal Journeys** Tim and Pru strike out for the rarely navigated Brahmaputra river in the far north of India.
10.00 **Bangers & Cash** Dave travels to Leicestershire, where Steve Perry has a 1980 Ford Granada Ghia and a 1981 Ford Cortina.
11.00 **Abandoned Engineering** A fairy-tale castle where one of the strangest events of World War Two took place.
12.00 M'T **Great American Railroad Journeys** Exploring the early life of President Lincoln.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

Wednesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Salvage Hunters** Drew Pritchard uncovers a marble table lamp and a painting of a mackerel. **9.00** Drew takes Viki to his favourite treasure hunting grounds.
10.00 **The Repair Shop** Restoring a surveyors' theodolite, an ice-cream bell and a football.
11.00 **Wheeler Dealers** Mike finds an '80s hot hatch. **12.00** M'T Mike finds an unfinished Ford F-1.
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: Lancashire**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Real-life cases.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Faking It: Tears of a Crime** Focusing on the case of Ben Butler.
8.00 **Murder on CCTV**
10.00 **Deadly Women**
11.00 **True Conviction**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A dance troupe boss steals thousands of pounds.
8.00 **Shocking Crimes: Murder Book** The murder of US off-road racer Mickey Thompson and his wife in 1988.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **Murder by the Sea** New edition A look at the deadly tales from the coastlines of the UK.
11.00 **Evidence of Evil** The case of Paul Gault, who was discovered in a pool of blood in a bedroom of his house.
12.00 M'T **48 Hours**
1.00 AM **Forensic Factor**
2.00 **Murder by the Sea**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **The Truth About My Murder** Double bill.
11.00 **Medical Detectives**
2.00 PM **The Truth About My Murder** Double bill.
4.00 **Medical Detectives** Officers struggle to catch the murderer of a woman when vital evidence is washed away. **4.30** A girl's body is discovered 10 days after she disappeared. **5.00** A woman about to testify against her attacker is murdered. **5.30** A murderer who declared he would kill 12 people in New York. **6.00** An apparently healthy man dies mysteriously in his sleep. **6.30** The murder of Kathleen Lipscomb.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **Brit Cops UK**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Crime series.
3.00 **Most Evil Killers**
5.00 **Catching the Killer**
6.00 **The Killer Within**
7.00 **Most Evil Killers**
9.00 **The Real Manhunter**
10.00 **Killing Mum and Dad**
11.00 **How I Caught the Killer**
12.00 M'T **Most Evil Killers**
1.00 AM **Murders That Shocked the Nation**
2.00 **Snapped** True-crime.
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Italy's Invisible Cities**
9.45 **The Great Fire: Death and Destruction**
10.45 **Ku Klux Klan: An American Story**
11.55 **Apocalypse: Stalin**
1.00 PM **Beautiful Serengeti**
1.45 **Italy's Invisible Cities**
3.00 **The Great Fire: Death and Destruction**
4.00 **Ku Klux Klan: An American Story**
5.15 **Apocalypse: Stalin**
6.20 **Italy's Invisible Cities**
7.40 **The Great Fire: Death and Destruction** The worst day of the inferno.
8.40 **Ku Klux Klan: An American Story** How the Ku Klux Klan still impact today's society.
9.50 **Apocalypse: Stalin**
11.00 **The Great Fire: Death and Destruction**
12.00 M'T **Ku Klux Klan: An American Story**
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

WEDNESDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mission to Burnley**
7.00 **Discovering: Maggie Smith**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Ghislaine Maxwell: Epstein's Shadow** As shown at 7.00pm.
11.00 **UFO** As shown at 8.00pm.
12.00 NOON **Jason Isbell: Running With Our Eyes Closed**
2.00 PM **Assassins** Documentary.
4.00 **The Directors**
5.00 **Discovering: Maggie Smith**
6.00 **The Seventies**
7.00 **Ghislaine Maxwell: Epstein's Shadow** 3/3. Documentary.
8.00 **UFO** 3/4. The world reels from the *New York Times* bombshell.
9.00 **Becoming Madonna** Charting Madonna's rise to stardom.
11.00 **FILM Amy** Documentary portrait of Amy Winehouse. (2015, 15, 128min) ★★★★
1.30 AM **Chernobyl: My Promised Land** One-off documentary.
2.00 **NEW SERIES An Update on Our Family** 1/3. Documentary.
3.00 **The Forever Prisoner**
5.10 **to 6.00** AM **Discovering: Maggie Smith**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Dogs: Pack Vs Pride**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Wild Tales from the Farm**
10.00 **Africa's Wild Horizons**
11.00 **Orangutan Jungle School**
12.00 NOON **Kalahari: Land of...**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Tales from the Farm**
4.00 **Africa's Wild Horizons**
5.00 **Gangs of Lemur Island**
6.00 **Kalahari: Land of Secret Alliances** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Extreme Africa**
9.00 **Ireland's Wild Islands with Eoin Warner** Documentary.
10.00 **Kalahari: Land of Secret Alliances** Documentary.
11.00 **Gangs of Lemur Island**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Rockies**
2.00 **Extreme Africa**
3.00 **Ireland's Wild Islands with...**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Tales from the Farm**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **How the Nazis Lost the War**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Medieval Lincoln.
2.00 **Walking Through History**
3.00 **How the Nazis Lost the War**
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** A case of an alien abduction reported in the UK.
8.00 **Behind History** A look at some of the most significant breakthroughs in human history.
9.00 **Evil Genius with Russell Kane**
10.00 **Hitler's Secret Bomb**
11.00 **The Secret Nazi Expeditions**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Exploring Portsmouth.
3.00 **Walking Through History**
4.00 **Weird or What? With William Shatner**
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Fear Thy Neighbour**
3.00 **Killer Britain with Dermot Murnaghan** Derrick Bird.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition Documentary.
9.00 **Green Eyed Killers** New edition Dawn Subia.
10.00 **Secrets of Penthouse**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **Green Eyed Killers**
2.00 **Secrets of Penthouse**
3.00 **Fear Thy Neighbour**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Last of the Giants: Wild Fish**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Monster Fish of the Congo**
3.00 **Legends of Venom**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Vets rush to save a pregnant warthog's life.
8.00 **Ancient China from Above** Dr Allan Maca examines satellite footage of China, beginning with the Great Wall. **9.00** Dr Allan Maca explores the legendary lost city of Xanadu in Inner Mongolia.
10.00 **World's Deadliest**
11.00 **Ice Road Rescue**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Creating the X-Craft**
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **Investigation X** Investigating UFO sightings in Texas, Indiana and Massachusetts.
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 2/2. Henry Cole visits some of the most scenic parts of the UK, including the Lake District, the Pennines and the Cotswolds, ending his ride at Land's End in Cornwall.
12.00 M'T **Mysteries of the Deep**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the general knowledge quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Mistresses** 5/6. A self-help guru sheds light on Jessica's marriage, while Trudi breaks up with Richard. Siobhan is distraught after Hari discovers her affair, and Katie tries to commit to Dan. Guest stars Tracy-Ann Oberman. (S2)
10.20 **The Bill** *Skipper:* 10/12. PC Taffy Edwards is given traffic duty after arriving late for parade. **11.20** *Overnight Stay:* 11/12. Sun Hill PCs must guard the members of a jury sequestered at a hotel when gangland threats are made. (S3)
12.20 AM **Pointless** Double bill of the general knowledge quiz show.
2.20 **Mistresses** As 9.00pm.
3.30 **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 166

8.00 AM **The Perfect Murder**
9.00 **Swamp Murders**
11.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
1.00 PM **The Killer Beside Me**
3.00 **Love Kills** Double bill.
5.00 **Calls from the Inside**
7.00 **Homicide City: Charlotte** When 31-year-old navy veteran Nikki McPhatter was reported missing by her sister, detectives followed a trail that led them into the dark lair of a killer. **8.00** Focusing on the case of school teacher and youth worker Anthony Davis, who was found dead in his bed.
9.00 **Hostage 911** Police locate a man who has taken his children hostage in a forest.
10.00 **High Speed Chase**
11.00 **Homicide Hunter: The Man with No Face** The brutal rape and murder of a young mother.
1.00 AM **Most Evil**
2.00 **Calls from the Inside**
4.00 **to 6.00** AM **Homicide City: Charlotte**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Big** Richard visits Tottenham Hotspur Football Stadium.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.25 AM **The Convert** Action drama starring Guy Pearce. (2024, 15, 119min) ★★★★
8.40 **Timestalker** As 6.15pm.
10.20 **The 4:30 Movie** As 4.10am.
12.00 NOON **The Fall Guy** As 10pm.
2.15 PM **The Killer** As 12.10am.
4.35 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 100min) ★★★★
6.15 **Timestalker** Fantasy directed by and starring Alice Lowe. (2024, 15, 89min) ★★★★

12.10 The Killer

8.00 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

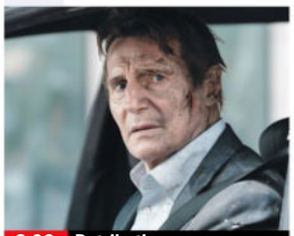
10.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Killer** Thriller starring Nathalie Emmanuel and Omar Sy. (2024, 15, 126min) ★★★★
2.30 **Get Away** Horror comedy. (2024, 15, 86min) ★★★★
4.10 **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
5.45 **to 6.00** AM **The Cinema List: Biopic**

Sky Cinema Hits

303 403 503 517

6.00 AM **Allelujah** As 3.50am.
7.55 **How to Lose a Guy in 10 Days** Romantic comedy. (2003, 12, 116min) ★★★
9.55 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
11.55 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
1.55 PM **No Hard Feelings** Comedy. (2023, 15, 103min) ★★★
3.55 **The Beekeeper** As 11.40pm.
5.55 **SAS: Red Notice** Action thriller. (2021, 15, 90min) ★★★



8.00 Retribution

8.00 Retribution Action thriller starring Liam Neeson. While driving his kids to school, a businessman learns that his vehicle is rigged with explosives. (2023, 12, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Gunpowder Milkshake Action thriller starring Karen Gillan and Lena Headey. A hitwoman is reunited with her estranged mother – also a professional assassin – after a high-stakes mission spins out of control. (2021, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Beekeeper** Action thriller starring Jason Statham. (2023, 15, 105min) ★★★
1.30 AM **Ferrari** Biographical drama. (2023, 15, 130min) ★★★
3.50 **Allelujah** Comedy drama. (2022, 12, 99min) ★★★
5.35 **to 6.00** AM **The Cinema List: Musicals**

Sky Cinema Drama

310 410 510 524

7.25 AM **Wildhood** As 11.50pm.
9.25 **Through a Glass Darkly** Swedish director Ingmar Bergman's Oscar-winning drama. (1959, b/w, 15, 91min) ★★★★
11.10 **Lamborghini: The Man Behind the Legend** As 10.05pm.
12.50 PM **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
2.35 **The Young Messiah** Biblical drama. (2016, 12, 111min) ★★
4.30 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
6.20 **Aisha** Drama with Letitia Wright. (2022, 12, 94min) ★★★★
8.00 **Jesus Revolution** Fact-based drama starring Joel Courtney. During the 1970s, a commune of teenage hippies in Southern California paves the way for a national spiritual awakening. (2023, 12, 120min) ★★★
10.05 **Lamborghini: The Man Behind the Legend** Biopic with Frank Grillo. (2022, 12, 97min) ★★
11.50 **Wildhood** Drama starring Steve Lund. (2021, 15, 108min) ★★★
1.45 AM **Birdy** Drama with Nicolas Cage and Matthew Modine. (1984, 15, 120min) ★★★★
3.55 **to 6.15** AM **Miranda's Victim** Drama starring Abigail Breslin. (2023, 15, 127min) ★★★

Sky Cinema Sci-fi/Horror

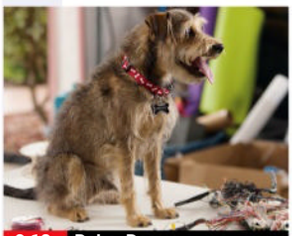
311 411 511 525

7.30 AM **Next Exit** As 1.45am.
9.25 **Star Trek: Generations** Sci-fi sequel. (1994, PG, 118min) ★★★
11.30 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
1.25 PM **Resident Evil: Degeneration** Animated horror thriller. (2008, 15, 97min) ★★
3.10 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
6.00 **Star Trek: First Contact** Sci-fi adventure with Patrick Stewart. (1996, 12, 110min) ★★★★
8.00 **Godzilla** Thriller remake starring Aaron Taylor-Johnson and Bryan Cranston. A giant monster may be the only hope of stopping a race of underground creatures on a deadly global rampage. (2014, 12, 118min) ★★★
10.05 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. (1975, 12, 125min) ★★★★★
12.15 AM **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
1.45 **Next Exit** Sci-fi comedy. (2022, 15, 106min) ★★★
3.35 **Resident Evil: Degeneration**
5.15 **to 7.00** AM **Resident Evil: Vendetta** Animated sci-fi horror. (2017, 15, 97min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

7.15 AM **Mee-Shee: The Water...**
8.55 **The Karate Kid Part II** Adventure. (1986, PG) ★★
11.05 **Maya the Bee** As 7.30pm.
12.40 PM **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
2.05 **Mary and the Witch's Flower** Animation. (2017, U) ★★★
4.00 **Goosebumps 2: Haunted Halloween** (2018, PG) ★★
5.40 **Angus, Thongs and Perfect Snogging** Teen comedy. (2008, 12, 100min) ★★★★


9.10 Robo-Dog

7.30 **Maya the Bee** Animated adventure featuring the voices of Coco Jack Gillies and Kodi Smit-McPhee. (2014, U, 86min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Robo-Dog** Family sci-fi adventure starring Michael Campion. An inventor replaces his son's dead dog with a mechanical version, equipped with all kinds of gadgets. (2015, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Karate Kid: Part III** Martial arts adventure sequel with Ralph Macchio and Noriyuki 'Pat' Morita. (1989, PG, 111 min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Mee-Shee: The Water Giant** Fantasy adventure. (2005, PG, 94min) ★★★
2.30 **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
4.10 **Robo-Dog** As 9.10pm.
5.50 **to 7.30** AM **Goosebumps 2: Haunted Halloween** As 4pm.

Sky Cinema Stunts
307 407 507 521

6.05 AM **Promising Young Woman** Thriller. (2020, 15) ★★★★
8.05 **The Lawnmower Man** (1992)
10.30 **Sisu** As shown at 4.20am.
12.15 PM **John Wick: Chapter 2** Action thriller sequel. (2017, 15, 122min) ★★★★
2.20 **Rear Window** Vintage thriller. (1954, PG, 112min) ★★★★★
4.15 **300** Epic historical adventure. (2006, 15, 116min) ★★★★
6.15 **300: Rise of an Empire** Adventure. (2014, 15) ★★★

4.15 300

8.00 **Jack Reacher** Action thriller starring Tom Cruise as bestselling author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. (2012, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Punisher** Thriller starring Tom Jane and John Travolta. A grieving ex-cop launches a series of revenge attacks on a psychopathic crook. (2004, 18, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Oldboy** Thriller remake. (2013, 18, 104min) ★★
2.15 **Monkey Man** Action thriller. (2024, 18, 121 min) ★★★★
4.20 **Sisu** Wartime action thriller. (2022, 15, 88min) ★★★
5.55 **to 8.20** AM **The Lawnmower Man** Sci-fi horror thriller. (1992, 15, 105min) ★★★

Sky Cinema Comedy
308 408 508 522

6.45 AM **The Adventures of Baron Munchausen** (1988)
9.05 **Ride Along** (2014, 12) ★★
10.55 **Ride Along 2** Comedy sequel. (2016, 12, 102min) ★★
12.45 PM **Bad Neighbours** Comedy. (2014, 15, 93min) ★★★
2.35 **Bad Neighbours 2** Comedy sequel. (2016, 15, 90min) ★★
4.25 **Forces of Nature** Comedy. (1999, 12, 105min) ★★★
6.15 **About Last Night** Comedy remake. (2014, 15, 98min) ★★

9.55 My Big Fat Greek Wedding 2

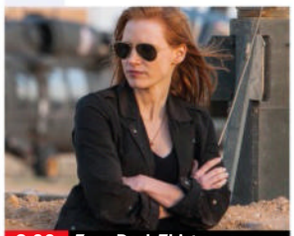
8.00 **Coup!** Comedy thriller starring Peter Sarsgaard. A mischievous cook leads a revolt against his rich boss during the Spanish Flu pandemic of 1918. With Sarah Gadon and Billy Magnussen. (2023, 12, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **My Big Fat Greek Wedding 2** Romantic comedy sequel starring Nia Vardalos. A woman discovers her parents were never legally married, and sets about organising an elaborate wedding. (2016, 12, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Money Pit** Comedy. (1985, 15, 91min) ★★★
1.15 AM **The Adventures of Baron Munchausen** Fantasy. (1988, PG, 126min) ★★★★
3.30 **Movie 43** Comedy sketches. (2013, 15, 90min) ★
5.15 **to 6.50** AM **Hot Rod** Comedy. (2007, 12, 84min) ★★★★

Sky Cinema Thriller
309 409 509 523

6.10 AM **American Star** Thriller. (2023, 15, 107min) ★★★★
8.05 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
10.30 **Zero Dark Thirty** As 8.00pm.
1.20 PM **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★★
3.30 **The Saint** Big-screen version of the cult 1960s TV series. (1997, 12, 116min) ★★★
5.40 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★


8.00 Zero Dark Thirty

8.00 **Zero Dark Thirty** Director Kathryn Bigelow's fact-based drama about the quest to track down Osama bin Laden, starring Jessica Chastain. Following the 9/11 terrorist attacks, a CIA agent becomes the driving force behind the hunt for the al-Qaeda leader. With Jason Clarke, Joel Edgerton and Jennifer Ehle. (2012, 15, 157min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Day of the Jackal** Thriller based on the novel by Frederick Forsyth, starring Edward Fox and Michael Lonsdale. (1973, 15, 142min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.25 AM **American Gigolo** Thriller. (1980, 18, 117min) ★★★
3.30 **Swallowed** Horror thriller. (2022, 18, 96min) ★★
5.15 **to 7.10** AM **Cult Killer** Thriller. (2024, 15, 105min) ★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Running Man** Thriller. (1963, PG, 101min) ★★★
1.05 PM **The Frogmen** Adventure. (1951, b/w, U, 96min) ★★★
3.00 **The Black Arrow** Adventure. (1948, b/w, U, 77min) ★★★
4.35 **Storm Over the Nile** Adventure starring Anthony Steel. (1955, U, 107min) ★★★
6.45 **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★

10.45 Trainspotting

Raiders of the Lost Ark (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Transporter 2** Thriller sequel starring Jason Statham. A highly-skilled professional driver sets out to rescue the kidnapped son of a politician from a vicious drug dealer. (2005, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.45 **Trainspotting** Danny Boyle's black comedy drama based on the novel by Irvine Welsh, starring Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle. (1996, 18, 93min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

12.35 **to 3.00** AM **Happy-Go-Lucky** Mike Leigh's comedy drama. (2008, 15, 113min) ★★★★
+1 hour 314 430 47 301

Sky Cinema Feel Good
302 402 502 516

6.00 AM **I Love My Dad** As 3.50am.
7.40 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
9.15 **Save the Cinema** As 5.30am.
11.10 **What If** Romantic drama. (2013, 15, 98min) ★★★★
12.55 PM **Along Came Polly** Comedy. (2003, 12, 90min) ★★★
2.30 **Beethoven** Family comedy. (1992, U, 87min) ★★★
4.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
6.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. (2005, 12, 113min) ★★
8.00 **Crazy Rich Asians** Romantic comedy starring Constance Wu. (2018, 12, 120min) ★★★★
10.05 **The Boat That Rocked** Richard Curtis's period comedy starring Bill Nighy, Rhys Ifans and Philip Seymour Hoffman. (2009, 15, 135min) ★★★★
12.20 AM **Hot Rod** Action comedy. (2007, 12, 84min) ★★★★
2.00 **She's Out of My League** Comedy. (2010, 15) ★★★
3.50 **I Love My Dad** Comedy. (2022, 15, 96min) ★★★
5.30 **to 7.25** AM **Save the Cinema** Drama. (2021, 12, 109min) ★★★

Sky Cinema Greats
304 404 504 518

6.35 AM **We're No Angels** (1954)
8.35 **Kingpin** Comedy starring Woody Harrelson and Randy Quaid. (1996, 12, 114min) ★★★
10.35 **Annie** Film version of the hit musical. (1982, U, 128min) ★★★
12.45 PM **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
2.25 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★
4.15 **Junior** Comedy starring Arnold Schwarzenegger and Danny DeVito. (1994, PG, 110min) ★★★
6.15 **Airplane!** Spoof of air-disaster movies, starring Robert Hays. (1980, 12, 86min) ★★★★★
8.00 **Airplane II: The Sequel** Spoof comedy sequel starring Robert Hays and Lloyd Bridges. (1982, 15, 81 min) ★★★
9.40 **HouseSitter** Romantic comedy starring Steve Martin and Goldie Hawn. (1992, PG, 102min) ★★★
11.25 **Junior** As shown at 4.15pm.
1.30 AM **The Brady Bunch Movie** Spoof comedy starring Shelley Long. (1995, 12, 89min) ★★★
3.20 **The Cinema List: Biopic**
3.50 **We're No Angels** Comedy. (1954, U, 106min) ★★★★
5.50 **to 6.50** AM **Sky Cinema Preview**

Sky Cinema Animation
305 412 500 514

6.35 AM **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
8.20 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
9.50 **Sing** As shown at 8.45pm.
11.40 **Mary and the Witch's Flower** Animated family adventure featuring the voice of Kate Winslet. (2017, U, 99min) ★★★
1.30 PM **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U, 47min) ★★★
2.30 **The Ogglies** Animation. (2021, PG, 85min) ★★★
4.00 **Migration** As 10.40pm.
5.30 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
7.10 **Captain Underpants** Animation featuring the voice of Kevin Hart. (2017, U, 89min) ★★★★
8.45 **Sing** Animated comedy with the voice of Matthew McConaughey. (2016, U, 108min) ★★★
10.40 **Migration** Animated comedy with the voice of Kumail Nanjiani. (2023, U, 83min) ★★★
12.10 AM **Trolls Band Together**
1.50 **Captain Underpants** (2017)
3.25 **The Ogglies** As 2.30pm.
5.05 **to 6.55** AM **Mary and the Witch's Flower** As 11.40am.

Movies 24
312 419

7.00 AM **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
9.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
11.00 **His and Hers** Romantic drama. (2024, PG, 90min) ★★
1.00 PM **Love Stories in Sunflower Valley** Romantic comedy. (2021, PG, 90min) ★★
3.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
5.00 **A Bridesmaid in Love** Romantic comedy drama. (2022, PG, 87min) ★★
7.00 **Betty's Bad Luck In Love** Romantic comedy starring Laci J Mailey and Marco Grazzini. (2024, PG, 84min) ★★
9.00 **CrimeTime: Freefall** Mystery starring Lyndie Greenwood and Danny Dworkis. The leading actor in a crime series helps a real-life detective to solve a murder in her home town. (2024, PG, 90min) ★★
11.00 **A Taste of Christmas** Festive drama. (2023, PG, 90min) ★★
1.00 AM **Rip in Time** Romantic drama. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **A Nashville Legacy** Comedy. (2023, PG, 85min) ★★
Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Amos Burke, Secret Agent**
7.00 **The Strange World of Planet X** Thriller. (1957, PG, 85min) ★
8.30 **One Step Beyond** 2/36. (S3)
9.05 **The Angel Who Pawned Her Harp** Fantasy comedy. (1954, U, 76min) ★★★
10.35 **The Stranger** Suspense thriller. (1946, PG, 95min) ★★★★
12.35 PM **Home to Danger** Mystery. (1951, b/w, PG, 67min) ★★
1.55 **The Brothers** 8/13. (S3)
3.00 **Sitting Bull** Western drama. (1954, U, 106min) ★★
5.00 **The Life and Legend of Wyatt Earp** 26/33. (S1)
5.30 **The Adventures of Jim Bowie**
6.00 **The Texan** 26/37. (S1)
6.30 **The Road to D-Day**
7.00 **Z Cars** 18/31. (S10)
8.00 **Manhunt** 9/26. (S15)
9.05 **Maigret** 1/4. Whilst on holiday, Maigret investigates the death of a hospital patient. Subtitled. (S5)
11.00 **Crime Story** 4/8. (S2)
12.05 AM **Maigret** 1/13. (S4)
1.10 **Hammerhead** Spy thriller. (1968, PG, 100min) ★★★
3.10 **The Whole Truth** Suspense drama starring Stewart Granger. (1958, b/w, PG, 85min) ★★
4.55 **Four Star Theatre** 34/41. (S4)
5.30 **to 6.00** AM **Richard Diamond**

WEDNESDAY Sport

29 January

Sky Sports Main Event

401 511 501 419 439

6.00 AM **My Icon** Boxer Natasha Jonas speaks about the people who have inspired her career.
6.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group One match staged at YSD-UKM Cricket Oval in Bangi, Malaysia, where the runner-up from Group A will face off against the winner of Group D.
9.30 **Good Morning Transfers** Featuring a round-up of the latest football transfer news.
10.00 **The Football Show** A round-up of the latest sports news, with live analysis and comment, plus interviews with headline-makers.
11.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
9.30 PM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with headline-makers.
10.30 **Back Pages Tonight** A look at the sports headlines in tomorrow's newspapers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **The Football Show**
11.30 **Transfer 360** Mikel Arteta.
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Highlights**
2.00 **Transfer 360** Mikel Arteta.
2.30 **SNF** Manchester City v Chelsea.
3.00 **Premier League Highlights** Action from Wolves v Arsenal. **3.30** Southampton v Newcastle. **4.00** Aston Villa v West Ham. **4.30** Tottenham v Leicester City.
5.00 **The Transfer Show**
5.30 **Transfer 360** Mikel Arteta.
6.00 **Premier League 100: Peter Schmeichel**
6.30 **Premier League 100 Club**
7.00 **Premier League Stories**
7.30 **Transfer 360** Mikel Arteta.
8.00 **Gary Neville's Soccerbox** With guest Dimitar Berbatov. **8.30** With guest Alan Shearer.
9.00 **Premier League Stories**
9.30 **Premier League 100 Club**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Chelsea v Tottenham Hotspur in 2015/16.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **SPFL Greatest Games**
8.00 **Best Goals: EFL Cup 2022/23**
8.30 **EFL Trophy Football**
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **EFL Rivalries**
12.00 NOON **WSL** Manchester United v Brighton & Hove Albion.
12.30 PM **Scottish Premiership Round-Up** The latest action.
12.45 **SPFL Highlights**
1.00 **EFL Highlights**
2.00 **Bundesliga Highlights Show**
3.00 **WSL** Aston Villa v Man City.
3.30 **Scottish Premiership Round-Up**
3.45 **SPFL Highlights**
4.00 **EFL Highlights**
7.00 **WSL** Action from Manchester United v Brighton & Hove Albion.
7.30 **EFL Highlights**
8.00 **Scottish Premiership Round-Up** The latest action.
8.15 **SPFL Highlights** Action from Dundee United v Rangers.
8.30 **Bundesliga Highlights Show**
9.30 **EFL Highlights**
12.00 M'T **EFL Cup Retro** A chance to see the 2008/09 final.
2.45 AM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **ICC Women's World Cup 2017** England v India.
6.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group One match at YSD-UKM Cricket Oval in Bangi.
9.30 **ICC Women's World Cup 2017**
10.00 **Women's ICC World T20**
11.00 **WPL** T20 highlights.
1.00 PM **SA20** Recent action.
3.00 LIVE **SA20 MI Cape Town v Sunrisers Eastern Cape.** Coverage from World Sports Betting Newlands. This fixture last year saw a thrilling match end in a four-run victory for the visitors.
7.30 **Women's ICC World T20** Action from England v South Africa.
8.00 **Big Bash League** Highlights of the final of the T20 competition.
9.00 **SA20** Action from Pretoria Capitals v Joburg Super Kings. **10.00** Highlights from MI Cape Town v Sunrisers Eastern Cape.
11.00 **WPL** Delhi Capitals v Royal Challengers Bangalore in the final.
12.00 M'T **Women's ICC World T20**
1.00 AM **SA20** A recent match replay.
5.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **LPGA Tour Golf**
7.45 **My Icon** Catriona Matthew.
8.00 **LPGA Tour Golf**
11.00 **TGL** Recent highlights.
1.00 PM **LPGA Tour Golf**
4.00 **TGL** Recent highlights.
6.00 **PGA Tour Golf** A review of the Farmers Insurance Open.
7.00 **PGA Tour: The Cut**
7.30 **European Challenge Tour Golf** Action from the SDC Open.
8.00 **TGL** Action from Jupiter Links Golf Club v Boston Common Golf.
10.00 **Golf's Greatest Holes**
10.30 **Uncommon: Building a Boston Sports Team**
11.00 **European Challenge Tour Golf**
11.30 **PGA Tour Golf** Highlights.
12.30 AM **Uncommon: Building a Boston Sports Team**
1.00 **Golf's Greatest Holes**
1.30 **PGA Tour: The Cut**
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA Tennis** Coverage of the third day of the Singapore Open, a hard-court tournament staged at Kallang Tennis Centre, featuring first-round matches.
11.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
9.30 PM **WTA & ATP Tennis** Action from the WTA and ATP Tours.
1.30 AM **Billie Jean King: My Story**
1.45 **Martina Navratilova: Unstoppable** An interview.
2.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 870 527 408 430

6.30 AM **Premier League Review**
7.30 **A-League Highlights**
8.00 LIVE **A-League Western United v Central Coast Mariners.** Kick-off 8.00am.
10.00 **T20 Cricket Highlights**
11.00 **Premier League Features**
12.00 NOON **Champions League**
12.30 PM **UEFA Europa League & Conference League Magazine**
1.00 **WRC Review** Rally Monte Carlo.
2.00 **Vendee Globe Highlights**
2.30 **What I Wore** David Seaman.
3.00 **Premier League Netbusters**
3.30 **Premier League Legends**
4.00 **T20 Cricket Highlights**
5.00 **Isuzu UTE A-League**
6.00 **UEFA Europa League & Conference League Magazine**
6.30 **Champions League Magazine**
7.00 LIVE **UEFA Champions League** A league-phase game.
10.30 **Champions League Goals Show**
11.15 **What I Wore** Emmanuel Petit.
11.45 **TNT Sports Reload**
12.00 M'T **Test Cricket Highlights**
1.00 AM **Women's Ashes**
3.00 **to 6.00** AM LIVE **Women's Ashes Australia v England.** The first day of the one-off Test from Melbourne Cricket Ground..

TNT Sports 2

411 871 528 409 431

6.00 LIVE **Test Cricket Sri Lanka v Australia.** Coverage of the opening day of the first Test from Galle International Stadium.
12.30 PM **TNT Sports Cricket Reload**
12.45 **O Arise, All You Sons**
1.45 **Women's T20 International Cricket** West Indies v Bangladesh.
2.45 **A-League Women Highlights**
3.15 **The Rugby Review**
4.00 **HSBC SVNS Highlights**
5.00 **WRC Review** Rally Monte Carlo.
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 **UEFA Champions League Goals Show Xtra**
7.30 LIVE **UEFA Champions League** Coverage of a match in the league phase.
10.30 **UEFA Champions League Goals Show Xtra**
11.15 **Premier League Netbusters**
11.45 **UEFA Europa League & Conference League Magazine**
12.15 AM **UFC: Beyond the Octagon**
2.15 **WRC Review** Rally Monte Carlo.
3.15 **Test Cricket Highlights**
4.15 **to 6.00** AM LIVE **Test Cricket Sri Lanka v Australia.** Coverage of the second day of the first Test in the two-match series.

TNT Sports 3

417 874 529 410 432

6.00 AM LIVE **T20 Super Smash Central Stags v Auckland Aces.** At McLean Park in Napier.
8.15 **TNT Sports Cricket Reload**
8.30 **Champions League Classics**
10.30 **Europa League Goals Reload**
10.45 **Champions League Goals**
11.00 **Serie A** Action from Italy.
1.00 PM **UEFA Champions League Highlights Show**
3.00 **Champions League Classics**
5.30 **Test Cricket Highlights**
6.30 **What I Wore** Michel Salgado.
6.45 **Premier League Reload**
7.00 **UEFA Champions League Goals Show Xtra**
7.30 LIVE **UEFA Champions League** Coverage of a match in the league phase.
10.30 **UEFA Champions League Goals Show Xtra**
11.15 **Europa League Goals Reload**
11.30 LIVE **Women's T20 Super Smash Wellington Blaze v Northern Brave.** Coverage from Cello Basin Reserve in Wellington.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.45** AM LIVE **T20 Super Smash Wellington Firebirds v Northern Brave.** Coverage of the match at Cello Basin Reserve.

Sky Sports NFL

408 517 507 426 446

6.00 AM **Super Bowl LVIII Highlights**
7.00 **NFL Highlights**
8.00 **NFL: America's Game**
9.00 **Super Bowl LVIII Highlights**
10.00 **Super Bowl LV Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **Super Bowl LIV Highlights** Kansas City Chiefs v San Francisco 49ers from the 2019/20 season.
5.00 **NFL Highlights** Action from the AFC Championship match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **Super Bowl LVIII Highlights** Action from San Francisco 49ers v Kansas City Chiefs at Allegiant Stadium in Las Vegas, Nevada.
9.00 **NFL Highlights** Action from the AFC Championship match.
10.00 **Super Bowl LVI Highlights** Cincinnati Bengals v Los Angeles Rams from the 2021/22 season.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **Super Bowl LVIII Bitesize**
1.15 **NFL Bitesize Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **Super Bowl LVIII Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
8.00 **Fight Night** Azim v Davies.
9.00 **Super League Highlights**
10.00 **Fight Night International**
11.00 **SA20** Recent highlights.
1.00 PM **Super League Highlights**
2.00 **Fight Night International**
3.00 **NRLW** The 2024 Grand Final.
4.00 **Super League Highlights**
5.00 **NRLW** The 2024 Grand Final.
6.00 **Super League Highlights**
7.00 **Women's State of Origin**
8.00 **State of Origin Rugby League** Queensland Maroons v New South Wales Blues from 2024.
9.00 **Women's State of Origin** New South Wales Blues v Queensland Maroons from 2024.
10.00 **The Rugby Championship** Australia v New Zealand in 2024.
12.00 M'T **Top Rank Boxing Archive**
1.15 AM **Super League Highlights**
2.00 **Women's State of Origin**
3.00 **State of Origin Rugby League**
4.00 **Big Bash League**
5.00 **to 6.00** AM **SA20**

TNT Sports 4

421 876 530 411 434

6.00 AM **Allianz Premiership Women's Rugby**
7.00 **Gallagher Premiership Rugby Union** Recent action.
11.00 **The Rugby Review**
11.45 **HSBC SVNS Highlights**
12.45 PM **Sport in Focus**
1.00 **NBA** A replay of Philadelphia 76ers v Los Angeles Lakers. **2.30** A chance to see Portland Trail Blazers v Milwaukee Bucks.
4.00 **NBA Originals**
5.00 **Premier League Legends**
5.30 **Ultimate Pool** Recent action.
7.00 **UEFA Champions League Goals Show Xtra**
7.30 LIVE **UEFA Champions League** Coverage of a match in the league phase.
10.30 **UEFA Champions League Goals Show Xtra**
11.15 **Sign Up – Into Football**
12.00 M'T **NBA** Trail Blazers v Bucks.
1.30 **to 6.00** AM **UEFA Champions League**

Eurosport 1

413 870 521 412 435

6.00 AM **Cycling: AlUla Tour**
7.00 **Snooker: German Masters**
9.00 **Snooker 147s** Zhang Anda.
9.20 LIVE **Biathlon** The European Championships from Martell, Italy.
11.15 **Winter Sport 2023**
11.30 **Alpine Skiing** From Schladming.
12.00 NOON **Snooker: German Masters** Action from day two.
2.00 PM LIVE **Snooker: German Masters** The afternoon session on the third day from Berlin, featuring second-round matches.
5.00 **Australian Open Tennis**
6.00 **Show Jumping** In Amsterdam.
7.00 LIVE **Snooker: German Masters** Coverage of the evening session on day three in Berlin.
10.00 **Snooker: German Masters**
12.00 M'T **Cycling: AlUla Tour**
1.00 AM **Cycling: Challenge Mallorca**
2.00 **Snooker: German Masters**
4.00 **Alpine Skiing** From Schladming.
5.00 **to 6.00** AM **Cycling: Challenge Mallorca**

Eurosport 2

414 871 522 413 436

6.00 AM **Australian Open Tennis**
7.30 **Cycling: AlUla Tour**
8.30 **Alpine Skiing** From Schladming.
9.30 **Cycling** Recent highlights.
11.30 LIVE **Cycling: AlUla Tour** The second stage from Saudi Arabia.
1.30 PM LIVE **Cycling: Challenge Mallorca** The Trofeo Calvia.
3.15 **Cycling: Singapore Criterium**
3.30 **Discovery Golf**
4.00 **Alpine Skiing** From Schladming.
4.30 LIVE **Alpine Skiing** Coverage from Schladming in Austria.
6.15 **Biathlon** From Martell in Italy
7.15 **Sierra Nevada 2024**
7.30 LIVE **Alpine Skiing** Further coverage from Schladming.
8.45 **Winter Sport 2023**
9.00 **Cycling** Recent highlights.
11.00 **Alpine Skiing** From Schladming.
12.00 M'T **Biathlon** From Martell, Italy.
1.00 AM **Australian Open Tennis**
2.00 **Cycling** Recent highlights.
4.00 **to 6.00** AM **Snooker: German Masters**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
11.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and/or ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
7.50 PM LIVE **EFL Barrow v Doncaster Rovers.** Coverage of the League Two match from SO Legal Stadium, as the teams meet for the third time in the current campaign. Rovers claimed a 1-0 victory in the reverse fixture last October, and then prevailed by the same scoreline in an FA Cup encounter here the following month. Kick-off is at 8.00pm.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1** The 2024 Singapore Grand Prix qualifying.
2.25 PM **F1 Explained: Constructors' Championship**
2.30 **Ted's Notebook**
3.00 **Formula 1** A chance to see the 2024 Singapore Grand Prix.
7.30 **Ted's Notebook**
8.00 **F1 Explained: Constructors' Championship**
8.05 **Lewis Looks Back on 2014**
8.15 **Lewis' Mercedes Farewell**
8.30 **Formula 1** Singapore Grand Prix from Marina Bay Street Circuit.
10.55 **F1 Explained: G-Force**
11.00 **Formula 1** Singapore Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Thursday

30 January

Evening Planner

Entertainment

The Apprentice
BBC1, 9pm
Lord Alan Sugar sets the new candidates straight to work in Innsbruck, Austria, as the reality show returns for a 19th series.

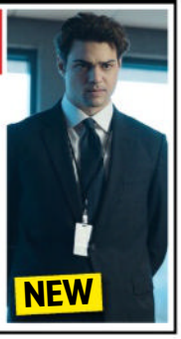
Entertainment

A League of Their Own
Sky Max & Sky Showcase, 9pm
It's an Olympians special tonight, with guests Sir Andy Murray and Keely Hodgkinson joining the regulars.

OnDemand

NETFLIX

The Recruit
Available today
After a two-year hiatus, the CIA adventure finally returns, with Owen (Noah Centineo) on a new mission in South Korea.



OnDemand

prime

You're Cordially Invited
Available today
A wedding venue is double booked in this comedy starring Reese Witherspoon.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Great British Menu		9.00 Miriam Margolyes: Australia Unmasked		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 Beat the Chasers		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Dog House		9.00 Brian and Maggie		10.00 24 Hours in A&E	
	105 CHANNEL 5	7.00 Holidaying with Jane McDonald		8.00 Menorca: Jewel of the Med		9.00 The Castaways		10.00 The Road Trip	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Andy Murray		9.00 A League of Their Own		10.00 Ted	
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Traitors US		9.10 Dubai Hustle		10.10 Film: Hounded	
	116 BBC4	7.00 Avalanche...	7.30 Pubs, Ponds...	8.00 Film: Porridge			9.30 Film: Wonder Boys		
	118 ITV2	7.00 Wheel of Fortune		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars		10.05 G'wed	10.40 Family...
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 24 Hours in A&E		10.00 Car S.O.S.	
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 FBI: International		10.00 The Good Doctor	
	108 SKY ATLANTIC	◂ 6.55 Billions		8.00 Game of Thrones		9.00 Lockerbie: A Search for Truth		10.05 The White Lotus	
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 The Good Life	8.40 The Thin Blue Line		9.20 Gavin & Stacey	10.00 The Office	10.40 Good...
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Agatha Christie's Poirot	
	120 ITV4	7.00 Darts: The Masters – Live: Coverage of day one							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Definitely, Maybe			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Rob & Romesh vs Andy Murray		9.00 A League of Their Own		10.00 Ted	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Far North	
	130 SKY ARTS	7.00 Landscape Artist of the Year		8.00 Discovering: Julianne Moore		9.00 Film: Ten Little Indians			
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Marooned with Ed Stafford		10.00 Impossible Builds	
	162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 Project Grizzly				10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Colossal Machines		9.00 Mysterious Islands		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Claw Hunters		9.00 Mountain Men		10.00 Gangland Chronicles	
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Bangers & Cash					
	121 SKY DOCS	7.00 Urban Secrets		8.00 UFO		9.00 An Update On Our Family		10.00 Tell Them You Love Me	
FILMS – Sky Cinema	301 PREMIERE	◂ 5.50 The Fall Guy		8.00 The Killer					10.15 The Last Stop in Yuma...
	302 FEEL GOOD	◂ 6.25 Hot Rod		8.00 The Truman Show				10.00 The Last Rifleman	
	303 HITS	◂ 6.15 Final Score		8.00 Fast X					10.25 Fast & Furious 6
	304 GREATS	◂ 5.40 Jerry Maguire		8.00 A League of Their Own				10.10 Forrest Gump	
	305 ANIMATION	◂ 5.55 PAW Patrol...	7.30 Mummies			9.10 The Lego Batman Movie			
	306 FAMILY	◂ 6.30 The Wizard of Oz			8.20 The Next Karate Kid			10.10 A Tiger's Journey	
	307 STUNTS	◂ 5.45 Jack Reacher		8.00 Jack Reacher: Never Go Back				10.00 Oldboy	
	308 COMEDY	◂ 6.00 Tropic Thunder		8.00 Along Came Polly			9.35 The Taming of the Shrew		
	309 THRILLER	◂ 6.00 Hanna		8.00 10 Cloverfield Lane			9.50 The Island		
	310 DRAMA	◂ 5.45 Gorillas in the Mist		8.00 Ferrari					10.15 Babylon
	311 SCI-FI	◂ 6.10 Star Trek: Insurrection		8.00 War of the Worlds				10.05 The Exorcist: Believer	
	313 FILM4	◂ 6.45 The Mountain Between Us				9.00 Venom			
SPORT	401 MAIN EVENT	◂ 4.45 PGA Tour Golf – Live: The AT&T Pebble Beach Pro-Am							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights		8.00 Scottish...	8.30 Bundesliga	9.00 Bundesliga...	9.30 EFL Highlights	10.00 Scottish...	10.30 Bundesliga
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 Women's ICC World T20 Cricket			9.00 SA20			
	410 TNT SPORTS 1	7.00 UEFA Europa...	7.30 UEFA Europa League – Live: Coverage of a match in the league phase					10.00 UEFA Europa League Goals Show Xtra	
	411 TNT SPORTS 2	7.00 UEFA Europa...	7.30 UEFA Europa League – Live: Coverage of a match in the league phase					10.00 UEFA Europa League Goals Show Xtra	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Defenders: Busting the Bad Guys** A loan shark. (S)(R)
11.15 **Homes Under the Hammer** New edition Visits to four flats. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** Series finale A motorbike. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition Decluttering. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)

8.00 Dragons' Den

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Martin has questions to answer, Freddie lands a new job, and Ian tries to persuade Cindy to go to the police. (S)(AD)

8 PM

8.00 **Dragons' Den** New edition 4/14. Fashion expert Trinny Woodall aims to add a few new investments to her portfolio as she joins regular Dragons Deborah Meaden, Touker Suleyman, Sara Davies and Steven Bartlett. (S)(AD)

9 PM

9.00 **NEW SERIES The Apprentice** 1/12. Lord Sugar sends the 18 new candidates to Austria to sell and run alpine tours. *See feature, page 11.* (S)(AD)
■ *The Apprentice: You're Fired* follows on BBC2

10 PM

10.00 **BBC News** (S)
10.35 **Local News** (S)
10.40 **Question Time** Fiona Bruce chairs the topical debate from Leicestershire, inviting a panel of politicians and other guests in Melton Mowbray to answer questions from an invited audience on subjects that have made the headlines in the past week. (S)
11.40 **Newscast** A panel of journalists host a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Monty Don's British Gardens** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **Wild China** (S)(R)(AD)
4.15 **The Planets** Professor Brian Cox examines Saturn. (S)(R)(AD)
5.15 **Flog It!** From Birmingham. (S)(R)
6.00 **Richard Osman's House of Games** New edition Former players Fern Britton, JB Gill, John Kearns and Sally Lindsay return. (S)
6.30 **Alison Hammond's Florida Unpacked** New edition 4/10. Alison and Aidan visit Fort Lauderdale on a high-speed train. (S)(AD)

6.00 House of Games

7.00 **Celebrity Antiques Road Trip** Richard Osman and Ingrid Oliver search for profitable antiques in Norfolk, joined by experts Natasha Raskin Sharp and Raj Bisram. (S)(R)

8.00 **Great British Menu** New edition Andi Oliver hosts as the two highest-scoring chefs from north west England cook their six-course menus again, and Hillsborough campaigner Margaret Aspinall helps decide the winner. (S)

9.00 **Miriam Margolyes: Australia Unmasked** 1/3. Miriam embarks on a journey Down Under to explore the unique Australian ethos of 'the Fair Go', and how it plays out in the lives of her fellow citizens. (S)(R)(AD)

10.00 **NEW SERIES The Apprentice: You're Fired** 1/11. Tom Allen meets the first fired candidate. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Bloody Mary: Lucy Worsley Investigates** 4/4. Lucy asks whether 'Bloody Mary', England's first crowned queen and Henry VIII's eldest daughter, should be remembered as a pioneer or a tyrant. (S)(R)(AD)
12.05 AM **Sign Zone: Simon Schama's Story of Us** 3/3. The work of three writers who changed people's view of the landscape. (S)(R)(AD)
1.05 **Sign Zone: 7/7 – The London Bombings** 4/4. (S)(R)(AD)
2.05 **Sign Zone: Gladiators** (S)(R)(AD)
3.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition With Dan Whiston and Hayley Tamaddon. (S)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Elia takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.20 **Party Political Broadcast** By Reform UK. (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Laurel wants to tell the truth, Kerry bristles at Eric's plans, and Pollard's comforting words resonate with Bob. (S)(AD)

8.30 **Tonight: Prisons – On the Brink?** New edition Jacob Dunne investigates the poor state of UK prisons and what can be done to solve the problem. (S)

9.00 **Beat the Chasers** New edition Bradley Walsh hosts as five contestants from across the country face the six Chasers – The Beast, The Sinnerman, The Governess, The Menace, The Vixen and The Dark Destroyer. (S)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family** Davina McCall and Nicky Campbell present the stories of two men who are hoping to find their birth families. (S)(R)(AD)
11.40 **For the Love of Dogs with Alison Hammond** 3/6. Alison helps a pug with several different ailments on its road to recovery, meets a German shepherd who is scared of its own shadow and helps to train a litter of lurcher pups. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **Lingo** Word-based game show hosted by Adil Ray. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 18-20/26. (S10) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 3-6/24. (S3) (S)(R)
10.40 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Restaurateurs Aggi and Camille face problems. (S)
5.00 **Four in a Bed** New edition Neil and Rush host the week's final visit at The Wylies B&B in Lisburn. (S)
5.30 **Come Dine with Me** New edition Mushroom farm manager Mark hosts night four in Cambridge. (S)
6.00 **A Place in the Sun** New edition A couple from East Sussex hope to find a home in Lazio, Italy. (S)

8.00 The Dog House

7.00 **News** (S)

8.00 **NEW SERIES The Dog House** When sparks fly between Barley the bouncy Labradoodle and cuddle Staffie puppy Peanut, it falls to Tabitha to have the final say. (S)(AD)

9.00 **Brian and Maggie** Series finale 2/2. Margaret Thatcher's increasing unwillingness to listen or bend to her colleagues leads to trouble in the ranks, and she finds little support from friend Brian Walden. (S)(AD)

10.00 **24 Hours in A&E** A 21-year-old man is rushed in after a motorbike accident leaving him with leg and lung injuries, and a 69-year-old man with locked-in-syndrome has trouble breathing. (S)(R)(AD)
11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **NEW Untold: Magaluf Undercover – Predators & Parties** The predatory underbelly of the party hotspot. (S)(SL)(AD)
1.00 **FILM Sweet Country** Australian period drama with Hamilton Morris, Bryan Brown and Sam Neill. (S)(AD) (2017, 15, 110min) ★★★★
2.50 **Ramsay's Hotel Hell** (S)(R)(AD)
3.40 **Frasier** 13-17/25. (S11) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** 7&8/24. (S9) (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Murder for Mortgage: Secrets on Maple Street** Thriller starring Frances Leigh. (S) (2024, U, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Lisa Burgess gets ready to host boyfriend Arturo's birthday party. (S)(AD)
5.00 **News** (S)
6.00 **Our Great Yorkshire Life** 4/6. Rob and Dave Nicholson have a rare day out together when they head to Whitby for a day on the open sea. (S)(R)
6.55 **News** (S)

10.00 The Road Trip

7.00 **Holidaying with Jane McDonald** 3/3. In Cyprus, Jane visits the birthplace of the goddess Aphrodite and snorkels in the Blue Lagoon. (S)(R)
7.55 **News** (S)
8.00 **Menorca: Jewel of the Med** New edition Joanna Lumley narrates a profile of the island, and cameras focus on Menorca's capital, Mahón, which is home to the Med's largest natural harbour. (S)
9.00 **The Castaways** Series finale 5/5. As Erin gets closer to the truth of her sister's fate, an unexpected blow leaves her hopes of ever finding Lori again in tatters. (S1) (S)(AD)
10.00 NEW SERIES **The Road Trip** *Write Off:* 1/6. Romantic comedy starring Emma Appleton. A young woman is forced to car share with her ex-boyfriend. (S1) (S)
■ Entire series on Paramount+
11.05 **Traffic Cops** PC Craig Dawes attends a fatal collision. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Tsunami: Destruction** (S)(R)
3.50 **Shetland: Scotland's Wondrous Isles** (S)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 5/15. (S5) (S)(R)
5.00 **The Simpsons** *Orange Is the New Yellow:* Marge receives a jail sentence after letting Bart go to the park unsupervised. (S)(R) **5.30** *Paths of Glory:* Marge and Homer suspect that Bart might be a sociopath. (S)(R)
6.00 **The Office (US)** 3/26. Andy plans to impress Erin by starring in a play. (S)(R) **6.30** 4/26. Michael contacts his former lovers. (S7) (S)(R)

9.00 A League of Their Own

7.00 **The Simpsons** *Homer's Crossing:* Homer volunteers to be a school crossing guard. (S)(R) **7.30** *A Mid-Childhood Night's Dream:* Marge is overwhelmed by her fear of the kids growing up. (S)(R)
8.00 **Rob & Romesh vs Andy Murray** The duo meet the former tennis star, catching up with him as he models his new sportswear range before being pushed to their limits in a training session. (S)(R)(AD)
9.00 **A League of Their Own** New edition 4/8. Regulars Romesh Ranganathan, Jamie Redknapp, Jill Scott and Micah Richards are joined by guests Andy Murray, Alan Carr and Keely Hodgkinson. *See feature, page 12.* (S)
10.00 **Ted** *Loud Night:* 7/8. Matty's Christmas wish is granted, completely up-ending the Bennett family dynamic, while a trip to church gets John and Ted wondering about the bear's origin. (S1) (S)(R)(AD)
11.00 **Ted** 8/8. As the end of the school year approaches, Ted plots to help John lose his virginity. (S1) (S)(R)(AD)
12.00 M'T FILM **Blacklight** Action thriller starring Liam Neeson. (S)(AD) (2022, 15, 104min) ★
2.00 AM **Veep** (S5) (S)(R)(AD)
3.10 **NCIS: New Orleans** (S7) (S)(R)
4.05 **MacGyver** 5/15. (S5) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.15am Bargain Hunt (S)(R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **12.10am** Scotcast (S)(R) **12.40** Weather for the Week Ahead (S) **12.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The View (S) **11.20** Question Time (S) **12.25am** Newscast (S) **12.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm-12.05am First Communion (S)(R)

WALES
Sky 968, Freesat 968
7.00pm Scrum V: The Warm Up (S) **7.30-8.00** The Hairy Bikers' Asian Adventure (S)(R) **11.00** NEW SERIES The Cockfields (S) **11.35pm-12.05am** Detectorists (S)(R)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymru, Dad a Fi (AD) **12.30** Heno **1.00** Ceffylau Cymru **1.30** Gwladfa: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Fets (AD) **6.30** Y Ci Perffaith **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Jonathan New edition **10.00** Priodas Pum Mil **11.00-11.30pm** Y Ty Gwyrdd (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** The team road test Porsche and Ferrari estate cars in Norway.
7.55 **The Catch Up**
8.00 **The Traitors US** New edition 4/12. The US version of the reality game of trust and treachery continues. Hosted by Alan Cumming.
9.10 **Dubai Hustle** 7/8. Kerris gets a grilling from the Queen of the Palm. **9.40** 8/8. Natasha's revelation leaves the other brokers reeling.
10.10 FILM **Hounded** Horror thriller starring Samantha Bond and Malachi Pullar-Latchman. Young thieves are caught by the owners of a stately home, and then hunted across the estate. (2022, 15, 94min) ★★★
11.40 **Back to Life** 3&4/6. (S2)
12.35 AM **Top Gear** As 7.00pm.
1.35 **Eating with My Ex**
2.05 **Squad Goals: Dorking 'Til I Die** Documentary.
2.35 **Dubai Hustle** Double bill.
3.35 **to 4.00** AM **My Mate's a Bad Date**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Avalanche: Dangerous Earth** 1/6. The inner workings of spectacular natural wonders.
7.30 **Pubs, Ponds and Power: The Story of the Village** The history of Warkworth in Northumberland.
8.00 FILM **Porridge** Big-screen spin-off with Ronnie Barker and Richard Beckinsale. (1979, PG, 90min) ★★★
9.30 FILM **Wonder Boys** Black comedy starring Michael Douglas as a middle-aged creative-writing professor whose life slips out of control during a bizarre weekend. (2000, 15, 112min) ★★★★
11.15 **Wogan** With guests Michael Douglas, Glen Campbell, Jean Muir and Tom Hulce.
12.00 M'T **Joan Sutherland**
1.05 AM **Joan Sutherland: World Singer**
1.25 **Avalanche: Dangerous Earth** As 7.00pm.
1.55 **Pubs, Ponds and Power: The Story of the Village**
2.25 **to 3.55** AM **Egypt's Lost Cities**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Snow globes.
9.15 **A Place in the Sun: Home or Away**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY**
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a Sunbeam Alpine. **6.55** Fuzz and Tim restore a Caterham 7 belonging to a former amateur racer.
7.55 **Grand Designs** Kevin McCloud meets a couple planning to construct a black-clad private hideaway in an Essex woodland, but torrential rain and a dangerous gas leak stall progress on the build.
9.00 **24 Hours in A&E** Cameras follow a 47-year-old man who is airlifted to St George's with critical injuries to his arm and leg after being knocked off his motorbike on the way into work.
10.00 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt to restore an Ford Fiesta XR2 to show-winning condition.
11.00 **Grand Designs** As 7.55pm.
12.05 AM **Emergency Helicopter Medics**
1.10 **Rescue: Extreme Medics**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.30 **Modern Family** 10/18. Alex's company puts her up in a luxury apartment. (S11)
8.00 **The Simpsons** *Lisa Gets the Blues:* Lisa rekindles her love of jazz in New Orleans. **8.30** *Forgive and Regret:* Grampa makes a confession.
9.00 **Celebrity Gogglebox** Famous faces appraise *Clarkson's Farm, Snakes on a Plane* and *Tiny World.*
10.00 **Gogglebox** Opinions on *Top Guns: Inside the RAF* and *The Yorkshire Vet.*
11.05 **First Dates**
12.10 AM **Rick and Morty**
12.40 **Mike Tyson Mysteries** New episodes Animation.
1.15 **Naked Attraction's Best Naughty Bits**
2.15 **Gogglebox**
3.10 **Teen First Dates**
4.05 **The Simpsons**
4.55 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Thursday primetime

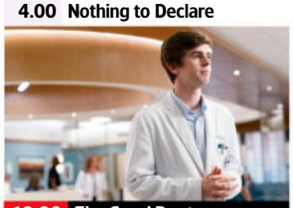
THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **The Force: Manchester**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 18/22. (S6)
12.00 NOON **FBI** 20/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 20/22. Remy and Kristen are put in danger when they get caught up in a prison riot. (S4)
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**



10.00 The Good Doctor

7 PM 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM 8.00 **FBI** *Stay in Your Lane:* 3/13. The team try to find the motive behind the murder of a seemingly innocent man. (S6)

9 PM 9.00 **FBI: International** *Unburdened:* 1/22. The Fly Team investigate the murder of an American detective in Paris. (S2)

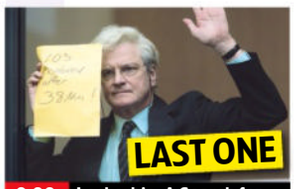
10 PM 10.00 **The Good Doctor** *Believe:* 16/18. A new chief of surgery sees Shaun as a liability. Guest stars Daniel Dae Kim. (S2)
11.00 **Fire Country** 7/10. (S2)
12.00 M'T **The Rookie** 9/20. (S2)
1.00 AM **Law & Order: Organized Crime** 1/8. (S1)
2.00 **Bull** 15/22. (S6)
3.00 **FBI: International** 18/22. (S2)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.15 **The Sopranos** (S6)
10.25 **Billions** 1&2/12. (S4)
12.35 PM **Game of Thrones** (S2)
1.40 **Perry Mason** 7&8/8. (S2)
3.40 **The Sopranos** 3/21. Silvio admits to his wife he doesn't feel ready to be boss. **4.45** 4/21. Jason Barone's father dies while Tony's health improves. (S6)
5.50 **Billions** 1/12. New opponents threaten the alliance between Bobby Axelrod and Chuck Rhoades. (S4)



9.00 Lockerbie: A Search for...

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8.00 **FBI** *Stay in Your Lane:* 3/13. The team try to find the motive behind the murder of a seemingly innocent man. (S6)

9.00 **FBI: International** *Unburdened:* 1/22. The Fly Team investigate the murder of an American detective in Paris. (S2)

10.00 **The Good Doctor** *Believe:* 16/18. A new chief of surgery sees Shaun as a liability. Guest stars Daniel Dae Kim. (S2)
11.00 **Fire Country** 7/10. (S2)
12.00 M'T **The Rookie** 9/20. (S2)
1.00 AM **Law & Order: Organized Crime** 1/8. (S1)
2.00 **Bull** 15/22. (S6)
3.00 **FBI: International** 18/22. (S2)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 16&17/22. (S5)
8.00 **Supergirl** 15/20. (S6)
9.00 **Stargate Universe** (S2)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 17/20. (S6)
1.00 PM **S.W.A.T.** 18&19/22. (S5)
3.00 **NCIS: New Orleans** (S7)
4.00 **MacGyver** 5/15. (S5)
5.00 **DC's Legends of Tomorrow** 12/13. Gideon negotiates a deal – but breaks a major rule. (S7)
6.00 **Stargate Universe** 17/20. Scott, Eli, Wray and Greer find a settlement of humans while harvesting lime. (S2)

6.00 Stargate Universe

7.00 **Stargate Universe** *Epilogue:* 18/20. The team explore Novus, an abandoned planet nearing destruction. (S2)

8.00 **Rob & Romesh vs Andy Murray** Rob Beckett and Romesh Ranganathan meet the former tennis star.

9.00 **A League of Their Own** New edition Guests Keely Hodgkinson and Andy Murray join the regulars. *See feature, page 12.*

10.00 **Ted** 7/8. Matty's unorthodox Christmas wish is granted, completely up-ending the Bennett family dynamic. (S1)
11.00 **Ted** 8/8. As the end of the school year approaches, Ted plots to help John lose his virginity after he learns he is the last virgin in school. (S1)
12.00 M'T **Brit Cops: Law & Disorder**
1.00 AM **The Force: North East**
3.00 **NCIS: New Orleans** 8/16. (S7)
4.00 **MacGyver** 5/15. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.05 PM **Dinner Date**
1.05 **Supermarket Sweep**
2.05 **In with a Shout**
3.10 **Charmed** 4/22. (S7)
4.05 **Gilmore Girls** 3/22. (S4)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Kadeena Cox, Adam James and Ellie Taylor.

7.00 Wheel of Fortune

7.00 **Wheel of Fortune** Graham Norton hosts as three contestants spin the wheel to try and win a possible £50,000.

8.00 **Gordon Ramsay's Food Stars USA** New edition The remaining entrepreneurs create 4th of July-inspired recipes.

9.00 **Love Island: All Stars** New edition The All Stars learn that the path to true love is even trickier the second time around.

10.05 **G'wed** 6/6. Reece tries to find his dad. (S1)
10.40 **Family Guy** 12/20. Mayor Wild West is shot by his estranged father. (S21)
11.10 **Family Guy** 5/20. (S21)
11.35 **American Dad!** (S17)
12.30 AM **Bob's Burgers** (S10)
1.30 **Deep Fake Neighbour Wars**
2.00 **World's Funniest Videos**
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **A Touch of Frost**
10.35 **The Royal**
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Fun Times for Swingers:* Jack investigates the murder of a gigolo, leading him into a seedy world.
5.55 **Heartbeat** *She's Leaving Home:* Part two of two. Tricia's controversial decision continues to cause problems.

8.00 Vera

6.55 **Heartbeat** *Russian Roulette:* An MI5 agent turns up in Aidensfield and shows an interest in the activities of Vernon.

8.00 **Vera** *Sandancers:* Vera investigates a suspicious death in an army barracks that was designed to look like suicide, and uncovers a traumatic event nobody wants to talk about. Guest stars John Duttine.

10.00 **Agatha Christie's Poirot** *Appointment with Death:* There are multiple suspects when an aristocrat's wife is stabbed. Guest stars Tim Curry.
12.00 M'T **Wire in the Blood** 3&4/8. Tony sees a friend at a convention and becomes a suspect when she is killed. (S6)
2.00 AM **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Repair Shop on the Road** From Aberfeldy's Crannog Centre.
8.15 **Money for Nothing** JJ Chalmers is at Dunbar recycling centre.
9.00 **Mrs Brown's Boys** 4/6. Agnes tries to gatecrash Maria's hen party. (S1)
9.30 **Two Doors Down** 4/6. Colin throws a birthday party for his father. (S2)
10.00 **Show People: Licensed to Thrill** 1/6. The lives of Scotland's show people. **10.30** 2/6. The Hiscoes juggle family matters with a busy summer.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Scot Squad** 2/5. Traffic officer Hugh McKirdy shares his expertise on all things deep-fried. (S7)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S5)
9.15 **The Conners** (S3)
10.15 **Silicon Valley** (S4)
11.25 **High Maintenance** (S1)
12.40 PM **Entourage** (S6)
1.50 **Silicon Valley** (S4)
3.05 **High Maintenance** (S1)
4.25 **Ballers** 4&5/7. (S5)
5.45 **The Office (US)** (S7)
6.45 **The Conners** (S3)
7.45 **Ballers** 7/9. Spencer asks his bosses for help. **8.25** 8/9. Spencer takes a big risk. (S4)
9.00 **Romantic Getaway** 1/6. Comedy starring Romesh Ranganathan. **9.30** 2/6. Allison starts IVF treatment. (S1)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.00 **In the Long Run** (S1)
12.00 M'T **Veep** (S5)
1.20 AM **Flight of the Conchords** (S1)
2.40 **High Maintenance** (S1)
3.50 **to 5.00** AM **Togetherness**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **André Rieu: Romance**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist...**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Discovering**
4.00 **Classic Albums**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year** From Llanberis.
8.00 **Discovering: Julianne Moore** The life and career of the actress.
9.00 **FILM Ten Little Indians** Murder mystery. (1974, PG, 98min) ★
10.50 **Classic Movies: The Story of Ran**
11.50 **Fellini by Fellini**
1.10 AM **Discovering Film: Horror Special**
2.40 **Mae West: Dirty Blonde**
4.00 **My Greatest Shot**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 19/26. (S6)
5.00 **Stargate Atlantis** (S1)
6.00 **Star Trek: Deep Space Nine** 13/26. (S7)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** (S7)
9.00 **Ireland's Most Evil Killers** The story of Joe O'Reilly, who murdered his wife Rachel in 2004.
10.00 **How I Caught the Killer** Double bill.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind with ITV**
7.40 **Backyard Builds** New edition DIY series.
8.10 **Celebrity Homes**
9.10 **Ainsley's Taste of Malta**
10.10 **Worst to First** Series finale
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **Celebrity Homes**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey** New edition
6.00 **Buying and Selling**
7.00 **Ainsley's Taste of Malta**
8.00 **Dinner Date**
9.00 **Million Pound Pawn**
10.00 **Botched by Nature**
11.00 **The Real Housewives of Miami** Reality series.
11.55 **The Only Way Is Essex**
12.55 AM **Backyard Builds**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 6/13. (S2)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 11/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S8&9)
9.00 **Randall and Hopkirk (Deceased)** *That's How Murder Snowballs:* 5/26. Jeff and Marty try to find out who switched a stage magician's blank bullets for the real thing. (S1)
10.00 **The New Avengers** *Hostage:* 7/13. Purdey is kidnapped. (S2)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S8&9)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

- **6.00** AM **Minder**
- **7.00** **The Professionals**
- **8.10** **Return of Sherlock Holmes**
- **9.20** **Magnum, PI**
- **10.20** **Kojak**
- **11.25** **BattleBots**
- **12.25** PM **Return of Sherlock Holmes** Murder mystery.
- **1.35** **Magnum, PI**
- **2.40** **Kojak**
- **3.45** **Minder**
- **4.50** **The Professionals**
- **6.00** **BattleBots** New edition The battle to reach the round of 32.

3.45 Minder

7.00 LIVE **Darts: The Masters** Jacqui Oatley presents coverage of day one from Marshall Arena in Milton Keynes, featuring the opening eight first-round matches, played over the best of five sets. Analysis comes from Chris Mason, Alan Warriner-Little and Mark Webster, and commentary and interviews are provided by Ned Boulting, Stuart Pyke, and John Rawling.

- **11.00** FILM **Jaws: The Revenge** Action thriller sequel starring Lorraine Gary and Michael Caine. (1987, 12, 100min) ★
- **12.40** AM **Auf Wiedersehen, Pet**
- **1.40** **Two and a Half Men**
- **2.30** **Auto Mundial**
- **3.00** **Teleshopping**
- **3.30** **The Protectors**
- **4.00** **Teleshopping**
- **4.30** **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- **6.00** AM **Most Haunted**
- **8.00** **Teleshopping**
- **11.00** **Star Trek: The Next Generation** 10/26. (S3)
- **12.00** NOON **Star Trek: Voyager**
- **1.00** PM **Star Trek: Deep Space Nine** 25/26. (S5)
- **2.00** **Warehouse 13** 6/13. (S2)
- **3.00** **Stargate SG-1** 12/20. (S8)
- **4.00** **Star Trek: Voyager** 8/26. (S2)
- **5.00** **Star Trek: Deep Space Nine**
- **6.00** **Star Trek: The Next Generation** 10/26. Romulan Admiral Jarok risks provoking a war. (S3)

6.00 Star Trek: The Next...

7.00 **Warehouse 13** *Around the Bend:* 6/13. Pete and Myka investigate the disappearance of a walking stick. (S2)

8.00 **Stargate SG-1** *Prometheus Unbound:* 12/20. The crew are taken by surprise when the *Prometheus* is stolen. (S8)

9.00 **The Walking Dead** *Beside the Dying Fire:* 13/13. The scouting party return to find the farm overrun by walkers. (S2)

10.00 **Grimm** *Leave It to Beavers:* 19/22. A creature is found drowned in wet cement. Guest stars David Zayas.(S1)

- **1.00** AM **True Blood** 5/12. Sookie decides to stop seeing Bill. **2.00** 6/12. Sookie struggles following a tragedy. (S1)
- **2.55** **Room 104** 3/12. A man with a skin condition isolates himself. **3.30** 4/12. A runaway and a psychic seek a hiding place from the end of the world. (S3)
- **4.00** **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

- **7.15** AM **Murdoch Mysteries** (S8)
- **9.00** **Father Brown**
- **10.00** **Miss Scarlet and the Duke**
- **11.00** **Hudson & Rex** 4/16. (S3)
- **12.00** NOON **The Mentalist** (S4)
- **1.00** PM **Death in Paradise** (S2)
- **2.00** **Murdoch Mysteries** (S8&9)
- **4.00** **Miss Scarlet and the Duke**
- **5.00** **Hudson & Rex** 4/16. Charlie and Rex investigate when a scuba diver's oxygen supply is severed. (S3)
- **6.00** **Father Brown** *The Fall of the House of St Gardner:* A gossip columnist is murdered.

10.00 Far North

7.00 **The Mentalist** *The Redshirt:* 9/24. A former American football star survives a car bomb. (S4)

8.00 **White Collar** *On the Fence:* 9/16. Neal goes undercover in order to stop an old foe's smuggling operation. (S3)

9.00 **Death in Paradise** *A Murder on the Plantation:* 1/8. The owner of a sugar plantation is killed. (S2)

10.00 **Far North** New episode 4/6. Ed and Heather collect evidence of the gang's activity. (S1)
■ Entire series on U

- **11.00** **The Mentalist** As 7.00pm.
- **12.00** M'T **White Collar** As 8.00pm.
- **1.00** AM **CSI: Vegas** 14/21. A competitive eating contestant is found dead. (S2)
- **2.00** **So Help Me Todd** 4/21. (S1)
- **2.45** **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- **7.30** AM **Highlights**
- **9.20** **The Good Life**
- **10.00** **Are You Being Served?**
- **10.40** **Open All Hours**
- **11.20** **Last of the Summer Wine**
- **12.40** PM **The Green Green Grass**
- **1.20** **The Good Life**
- **2.00** **Dad's Army**
- **2.40** **Open All Hours**
- **3.20** **Are You Being Served?**
- **4.00** **Last of the Summer Wine**
- **5.20** **The Green Green Grass**
- **6.00** **Are You Being Served?**
- **6.40** **Dad's Army**

10.00 The Office

7.20 **Dad's Army** Mainwaring is accused of leaving a light burning in the church hall during a blackout.

8.00 **The Good Life** Tom makes plans to diversify into pig farming.

8.40 **The Thin Blue Line** Constable Habib falls in love with a fireman.

9.20 **Gavin & Stacey** With wedding preparations in full swing, Stacey has some big news for Gavin.

10.00 **The Office** The first episode of the comedy starring Ricky Gervais.

10.40 **The Good Life** As shown at 8.00pm.

- **11.15** **The Thin Blue Line**
- **11.55** **Gavin & Stacey** As 9.20pm.
- **12.35** AM **The Office** As 10.00pm.
- **1.15** **The Real McCoy** Double bill.
- **2.25** **Gavin & Stacey** As 9.20pm.
- **2.55** **The Office** As 10.00pm.
- **3.30** **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- **7.10** AM **Gassed Up**
- **8.00** **Special Ops: Crime Squad UK**
- **10.00** **Extreme Fishing with Robson Green** Double bill.
- **12.00** NOON **American Pickers**
- **2.00** PM **Guy's Garage**
- **3.00** **Top Gear** Double bill.
- **5.00** **Hairy Bikers' Best of British** Si King and Dave Myers explore Britain's fondness for picnics.
- **6.00** **Rick Stein's Secret France** The chef heads through France's eastern border regions of Alsace and Jura – famous for Comte cheese.

7.40 House of Games

7.00 **QI XL** With guests Sarah Millican, Eddie Kadi and Noel Fielding.

7.40 **Richard Osman's House of Games** With Gareth Thomas and Olga Koch. **8.20** Hugh Fearnley-Whittingstall, Jodie Kidd, Jamali Maddix and Suzi Perry take part.

9.00 **QI XL** Guests Sean Lock, Jimmy Carr and Marcus Brigstocke join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** A variety of guests join Ian Hislop and Paul Merton for the 2020 compilation.

- **11.00** **8 Out of 10 Cats** With Ed Gamble, Donna and Verona, Ranj Singh and Sara Barron.
- **12.00** M'T **Mock the Week**
- **12.40** AM **Would I Lie to You?**
- **1.20** **QI XL** As 7.00pm.
- **2.00** **to 4.00** AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

- **9.00** AM **Four in a Bed**
- **11.30** **A New Life in the Sun**
- **12.30** PM **A Place in the Sun**
- **2.30** **Come Dine with Me**
- **5.00** **A Place in the Sun**
- **6.00** **A New Life in the Sun**
- **7.00** **Location, Location, Location** From Glasgow.
- **8.00** **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help a couple in Hamilton.
- **9.00** **Manhunt** Police hear reports of a known criminal with a firearm attending a concert.
- **10.00** **Catching a Killer: A Stab in the Dark** Police investigate the stabbing of a 21-year-old man.
- **11.30** **Celebrity Gogglebox**
- **12.35** AM **Gogglebox**
- **1.35** FILM **Misery** Thriller starring James Caan and Kathy Bates. (1990, 15, 107min) ★★★★
- **3.45** **to 4.55** AM **24 Hours in Police Custody: The Predator**

5USA

141/169 120/162 21 129

- **9.00** AM **NCIS** 19-21/24. (S7)
- **12.00** NOON **Law & Order**
- **6.00** PM **NCIS** *Ships in the Night:* 11/24. The death of a Marine during a cruise is investigated by the agents. **7.00** *Recruited:* 12/24. A US Navy recruitment officer is murdered at a high school. Guest stars Bob Newhart. **8.00** *Freedom:* 13/24. The team suspect a US Marine has beaten her husband to death. (S8)
- **9.00** **Blue Bloods** *Back in the Day:* 11/22. Frank's first partner announces plans to publish a book filled with stories of their early days on the force together. (S6)
- **10.00** **Law & Order: Special Victims Unit** (S13&12)
- **1.50** AM **Criminal Minds**
- **2.50** **NCIS** 1/24. (S8)
- **3.35** **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- **8.00** AM **22 Kids & Counting**
- **9.00** **Bargain-Loving Brits in the Sun** Documentary.
- **10.00** **Nightmare Tenants, Slum Landlords**
- **11.00** **Traffic Cops**
- **2.00** PM **Police Interceptors**
- **5.00** **Car Pound Cops**
- **6.00** **Home and Away**
- **7.00** **GPs: Behind Closed Doors** A patient has a phobia of needles.
- **8.00** **Casualty 24/7: Every Second Counts**
- **9.00** **A&E After Dark** New edition A man with potentially severed fingers becomes abusive.
- **10.00** **Ambulance: Code Red**
- **11.00** **Skin A&E** Documentary.
- **12.00** M'T **Trauma Room One**
- **1.00** AM **GPs: Behind Closed Doors** Medical series.
- **2.00** **Casualty 24/7: Every Second Counts**
- **2.50** **Police Interceptors**
- **3.35** **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

- **9.00** AM **Trucking Hell**
- **9.15** **Outback Truckers**
- **10.15** **Traffic Cops**
- **11.15** **Police Interceptors**
- **12.15** PM FILM **The Gambler** Musical drama. (1980, PG, 96min) ★★
- **2.20** FILM **Showdown** Western drama. (1963, b/w, PG, 79min) ★★
- **4.00** **Outback Truckers**
- **5.00** **Traffic Cops**
- **6.00** **Police Interceptors**
- **9.00** **Trucking Heavy** Ant and Layton must move a former British Rail shunter locomotive.
- **10.00** **Outback Truckers** Macca is sent on a mission to transport a world-famous yacht.
- **11.00** **Coastguard: Search & Rescue SOS**
- **12.00** M'T **World's Strongest Man 2024** Action from the annual event.
- **1.00** AM **Police Interceptors**
- **2.00** **Trucking Hell**
- **3.50** **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

- **6.10** AM **Inside the Ambulance**
- **7.00** **My Dream Home**
- **8.00** **Tipping Point**
- **11.00** **DIY SOS: The Big Build**
- **1.00** PM **Tipping Point**
- **4.00** **My Dream Home**
- **6.00** **DIY SOS: The Big Build**
- **7.00** **Pete Wicks: For Dogs' Sake** 4/4. Documentary.
- **8.00** **Inside the Ambulance** Gaz and Mike rush a baby to hospital with suspected meningitis.
- **9.00** **999 Rescue Squad** Paramedics help a man who has been stabbed with a screwdriver. **10.00** A man is left with a metal spike impaled in his face after an incident on a construction site.
- **11.00** **Louis Theroux: Life on the Edge** Documentary.
- **12.00** M'T **Stacey Dooley Sleeps Over**
- **1.00** **to 3.00** AM **Jo Frost: Nanny on Tour**

+1 hour 232/233 325

U&Drama

143 116 20 158

- **7.00** AM **All Creatures Great and Small**
- **7.50** **Doctors**
- **9.00** **Holby City**
- **10.20** **Classic Casualty**
- **11.40** **The Bill**
- **12.40** PM **Classic EastEnders**
- **2.00** **Eldorado**
- **3.20** **Bergerac**
- **4.20** **All Creatures Great and Small**
- **5.20** **The Upper Hand**
- **6.00** **As Time Goes By**
- **6.40** **Last of the Summer Wine** Double bill.
- **8.00** **Mrs Sidhu Investigates** *Breaking Convention:* 2/4. Mrs Sidhu and Tez cater for a hit fantasy TV show, but things quickly get real when one of the cast is found dead. (S1)
- **10.00** **New Tricks** *Mad Dogs:* Jack and Strickland break the rules to solve a case.
- **11.20** **Bergerac**
- **12.20** AM **Lovejoy**
- **2.40** **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Celebrity Fantasy Homes** Michelle Collins.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Destinations of the Damned with Zak Bagans** New edition The team confront supernatural forces in a disintegrating asylum in Italy and an abandoned Canadian roadhouse.
10.00 **The Dead Files** New edition The team investigate paranormal violence threatening the lives of an old woman and her daughter.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole** Double bill of editions.
7.00 **Tenable** Warwick Davis hosts the quiz show as five family members from Glasgow take part.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 10.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Battle Honours**
9.10 **FILM Gun Fury** Western. (1953, U, 83min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
3.30 **FILM Lone Rider** Western starring Lou Diamond Phillips. (2008, PG, 80min) ★★
5.20 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★
11.20 **FILM Son of a Gun** Crime drama. (2013, 15, 108min) ★★★
1.40 AM **FILM Fire Twister** Disaster movie starring Casper Van Dien. (2015, 12, 90min) ★
3.40 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Cradles for Cash** Crime drama. (2019, 12, 90min) ★★
10.55 **FILM Betrayed by Lies** Drama. (2018, PG) ★★
1.00 PM **FILM Killer in Red** Thriller. (2018, 12) ★★
2.55 **FILM Kill Thy Neighbour** Thriller. (2018, 12, 90min) ★★
4.50 **FILM My Evil Stepdad** Thriller. (2019, PG) ★★
6.55 **FILM The Front** Thriller. (2010, 12, 91min) ★★
9.00 **FILM Jack Ryan: Shadow Recruit** Thriller. (2014, 12, 106min) ★★★
11.15 **FILM The Commando** Crime action thriller. (2022, 15, 89min) ★★
1.35 AM **FILM Martha's Vineyard Mysteries: Riddled with Deceit** Drama. (2020, PG) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM Secrets that Kill** Thriller. (2020, 12, 90min) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM It Was Always You** Romantic drama. (2021, PG, 86min) ★★
10.05 **FILM Just the Way You Are** Romantic comedy. (2015, PG, 110min) ★★
12.10 PM **FILM Sweet Home Carolina** Drama. (2017, PG, 84min) ★★
2.00 **FILM Love on Harbor Island** Romantic drama. (2020, PG, 80min) ★★
4.00 **FILM Charm of Love** Drama. (2020, PG) ★★
6.00 **FILM Love at the Ranch** Drama. (2020, PG) ★★
8.00 **FILM Taking the Reins** Romantic comedy. (2021, PG, 84min) ★★
9.55 **FILM Harvest Moon** Drama. (2015, PG) ★★
12.00 M'T **FILM Love in Full Swing** Romantic drama. (2020, PG, 85min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love, Once and Always** Drama. (2018, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Blue Thunder** (S1)
10.00 **I Dream of Jeannie**
10.30 **Watching** 7/11. (S5)
11.00 **A Fine Romance** (S3)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **The Charmer**
1.00 PM **Sherlock Holmes**
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 7/11. (S5)
6.00 **I Dream of Jeannie**
6.30 **Thriller** 9/10. (S1)
7.45 **Auto Rewind**
8.00 **The Charmer** 6/6. (S1)
9.00 **Police Woman** (S1)
10.00 **Drop the Dead Donkey**
10.30 **Whose Line Is It Anyway?** Comedy.
11.00 **Thriller** 9/10. (S1)
12.15 AM **Shine on Harvey...**
1.15 **Arthur C Clarke**
2.15 **Monkey** 14/26. (S1)
3.15 **Auto Rewind**
3.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Sig and Mandy conspire to get Jake to do their prospecting, but he refuses to play along. **8.00** A rare weather event churns up some dangerous waves.
9.00 **Monsters Inside Me** An infection threatens a college student's eye. **10.00** An infection eating health worker's blood.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Last Bite Hotel**
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Mediterranean Adventure** Double bill.
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Mediterranean Adventure** Double bill.
7.00 **The Great British Bake Off** Double bill.
9.00 **James Martin's Islands to Highlands**
10.00 **James Martin's French Adventure** In Charente.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 13/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 7/22. (S3)
11.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
1.00 PM **FILM The Lost Future** Sci-fi adventure. (2010, 15, 90min) ★★
3.00 **FILM The 7 Adventures of Sinbad** Fantasy action adventure. (2010, PG, 90min) ★★
5.00 **Star Trek** 12/30. (S1)
6.00 **T.J. Hooker** 8/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM The Outsider** Crime action thriller. (2014, 15, 94min) ★★
10.55 **FILM We Still Steal the Old Way** Prison drama. (2017, 18, 90min) ★
12.55 AM **FILM The Fan** Thriller. (1996, 15, 114min) ★★
3.10 **to 5.00** AM **FILM The Witches** Hammer horror. (1966, 15, 91min) ★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Airplane vs Volcano** As 5.00pm.
8.00 **FILM MacShayne: Final Roll of the Dice** Drama. (1993, PG, 88min) ★★
10.00 **Farscape** 1/22. (S1)
11.00 **FILM Eagle's Wing** Western. (1978, PG, 111min) ★★★★
1.00 PM **FILM The Exterminators** Sci-fi action adventure. (2013, 15, 90min) ★
3.00 **Farscape** 11/22. (S1)
4.00 **Star Trek** 20/30. (S1)
5.00 **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
7.00 **Farscape** 13/22. (S1)
8.00 **Star Trek** 21/30. (S1)
9.00 **FILM Reasonable Doubt** Crime thriller. (2013, 15, 91min) ★★★
10.55 **FILM The House of the Devil** Horror thriller. (2009, 18, 95min) ★★★
1.00 **to 3.00** AM **FILM Reasonable Doubt**

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Evidence of the...**
11.10 **Strange Evidence**
12.10 PM **What on Earth?**
1.05 **Lost Secrets of the Pyramid** Documentary.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **In Search of Aliens**
10.00 **UFOs: Lost Evidence**
11.00 **Alien Autopsy: The Search for Answers**
12.00 M'T **Alien Files: Unsealed**
1.00 AM **Evidence of the...**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Wales' Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Meghan Markle: Inside the Mind of a Duchess** A profile of the Duchess of Sussex.
10.00 **1997: Diana's Last Summer** An insight into the final three months of the princess's life at Kensington Palace.
11.00 **Prisoner: Cell Block H**
1.05 AM **Bargain-Loving Brits in the Sun**
3.05 **Somerset: Wonder of the West Country**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A Croydon couple seek a retreat in Somerset.
9.00 **Christina in the Country** Following Christina Haack as she expands her design business in Tennessee.
10.00 **Flipping 101 with Tarek El Moussa** Tarek meets an engaged couple who put all their wedding savings into a house.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life** Mercedes must confront a past trauma.
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **My 600lb Life**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Monsters Inside Me**
1.00 AM **Extreme Cheapskates**
2.00 **My 600lb Life**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Couponing**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 13&14/23. (S3)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 9&10/21. (S9)
1.00 PM **Friends** (S1)
8.00 **Friends** 16/24. Part one of two. Phoebe's twin sister Ursula visits. **8.30** 17/24. Part two of two. Rachel and Monica become love rivals. (S1)
9.00 **FILM Definitely, Maybe** Comedy starring Ryan Reynolds, Isla Fisher and Rachel Weisz. (2007, 12, 107min) ★★★
11.10 **Michael McIntyre: Live & Laughing**
12.10 AM **Mr Bean** (S1)
1.10 **Beavis and Butt-Head Do the Universe**
3.00 **Lee Evans: Big – Live at the O2** Stand-up.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers: Fantasy Draft**
9.30 **Impractical Jokers: Twists and Turns**
10.00 **Becker** 7&8/13. (S6)
11.00 **Friends** 8–11/24. (S2)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 13&14/23. (S3)
5.00 **Becker** 7&8/13. (S6)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** 10–14/18. (S10)
12.45 AM **The Ren & Stimpy Show** 3&4/6. (S1)
1.45 **The Roast of Rob Lowe**
3.25 **Beavis and Butt-Head**
3.45 **Al Murray: Giving It Both Barrels**
4.30 **Jimmy Carr: Live**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
9.50 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
2.50 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Manifest** 7/13. (S3)
6.00 **The Flash** 6/18. (S7)
7.00 **MacGyver** (S2)
9.00 **Flintoff: From Lord's to the Ring** Andrew Flintoff decides whether he should continue boxing.
10.00 **For Life** *Homecoming:* 2/10. Aaron adjusts to life outside prison and also gets an intriguing work proposition. (S2)
11.00 **The Equalizer** (S3)
1.00 AM **Road Wars**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

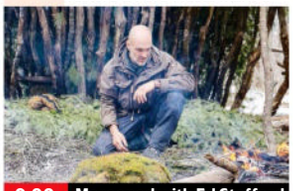
6.00 AM **16 and Pregnant**
6.45 **Teen Mom: From the Beginning** Double bill.
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: Repeat Offenders** Reality series.
5.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **MTV Cribs** Tom Zanetti.
8.30 **MTV Cribs UK**
9.00 **Spray Tan Mums: Single and Proud**
10.00 **Jersey Shore Family Vacation** New edition The gang settle in for a summer at the Shore.
11.00 **Geordie Shore**
12.00 M'T **Love & Hip Hop: Atlanta** New edition The Frosts get pressed on what went down.
1.00 AM **Ink Master**
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** Parker brings in a brand-new wash plant to push him past 5,000 ounces. **4.00** Tony goes rogue and buys a new wash plant.
5.00 **Deadliest Catch** The work of Alaskan crab fisherman.
6.00 **Wheeler Dealers** The duo restore a Ford Fiesta Mark 1.



9.00 Marooned with Ed Stafford

7.00 **Salvage Hunters** Drew Pritchard visits a Victorian folly in Devon, where some ghoulish buys shock his wife.
8.00 **Kindig Customs** The shop is buzzing with activity, and the latest CF1 presents a new challenge for the guys.
9.00 **Marooned with Ed Stafford** New edition Ed must make his way off the Changbai Mountain in northern China.
10.00 **Impossible Builds** A team in Dubai try to construct a floating house combining the best of land and marine design.
11.00 **Border Control: Europe**
12.00 M'T **Street Outlaws** Jeff Lutz, Farmtruck and AZN set up a modified golf cart race.
1.00 AM **Marooned with Ed Stafford** As 9.00pm.
2.00 **Impossible Builds**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Dogs 101** The best family pets.
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Great White Invasion**
3.00 **Man-Eating Super Snake**
4.00 **Bad Dog!** A cat that rides a skateboard to the beach.
5.00 **Alaska: Homestead Rescue** An unexpected accident leads to a construction site injury.
6.00 **Animal Cribs** Transforming a basement housing reptiles.

8.00 Project Grizzly

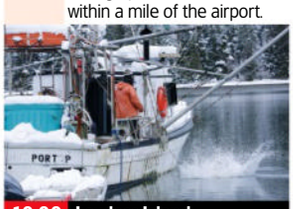
7.00 **Dodo Heroes** A family release Crickey the koala back into the wild after a spending a year nursing him back to health.
8.00 **Project Grizzly** Bear handler Jeff Watson teaches his two grizzly bears how to survive on their own in the wild.
9.00 **Project Grizzly** Jeff Watson tries to teach his rescued grizzly bears Bob and Screech how to fish, but it proves difficult.
10.00 **Alaskan Bush People** The *Integrity* begins to show its age, as it becomes stranded in the middle of the water.
11.00 **Swimming with Monsters with Steve Backshall**
12.00 M'T **Pit Bulls & Parolees: Tia's Tales** Tia's daughter reveals her first solo rescue.
1.00 AM **Alaskan Bush People**
2.00 **Bad Dog!** As 4.00pm.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Peru**
12.00 NOON **Car S.O.S**
1.00 PM **Disaster Autopsy**
2.00 **Air Crash Investigation**
3.00 **Pacific War Megawrecks: Drain the Oceans**
4.00 **Pirates: Behind the Legends**
5.00 **Car S.O.S** Restoring the 1987 MG Metro 6R4 rally car.
6.00 **Air Crash Investigation** A cargo plane crashes within a mile of the airport.



10.00 Lawless Island

7.00 **Air Crash Investigation** A turboprop nearly crashes after being struck by lightning, and investigators uncover a design flaw.
8.00 **Colossal Machines** New edition Featuring gearless mill drives, giant metal shredders and explosive clearing vehicles.
9.00 **Mysterious Islands** Documentary series exploring the history behind isolated islands.
10.00 **Lawless Island** New edition Documentary following a group of people living in a remote Alaskan community.
11.00 **Air Crash Investigation** Norway's worst aviation disaster.
12.00 M'T **No Man Left Behind**
1.00 AM **The Truth Behind**
2.00 **Abandoned** A paper factory.
2.30 **Lords of War** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **The Great British Dig: History in Your Back Garden**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **Curse of Skinwalker Ranch** Documentary.
1.00 PM **Flipping Bangers**
2.00 **Lost U-Boats of WWII**
4.00 **Pawn Stars** Four editions of the series, including at: **5.30** The gang find seeds that were sent into space.
6.00 **American Pickers**

9.00 Mountain Men

7.00 **Forged in Fire** Four bladesmiths face an enormous challenge when they must salvage steel from five tons of junk.
8.00 **Claw Hunters** Gail's hot streak comes with a target on her back, while Captain Greg faces the risks of hauling at night.
9.00 **Mountain Men** New edition Lauro journeys down the frozen Yukon River in sub-zero temperatures.
10.00 **NEW SERIES Gangland Chronicles** The trafficking organisation Sinaloa. **10.30** New edition John Gotti's rise as the new don of the Gambino family.
11.00 **Alien Files: Unsealed** Whether aliens would need a spacesuit to visit Earth. **11.30** UFO sightings in 1952.
12.00 M'T **Pawn Stars** Four editions.
2.00 AM **Royal Autopsy**
3.00 **Claw Hunters** As 8.00pm.
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **WW2 – Frontlines**
11.00 **World War Weird**
12.00 NOON **Billy Connolly's Great American Trail**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2 – Frontlines** A look back at the battle of Iwo Jima.
5.00 **Nazi Hunters** The search for Nazi war criminals.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from the Lake District.

8.00 Bangers & Cash

7.00 **Canal Boat Diaries** Robbie Cumming takes a tumble at Buckby Locks and has a problem with his power supply.
8.00 **Bangers & Cash** New edition Derek helps a collector downsize and discovers a rare Chrysler Alpine.
9.00 **Bangers & Cash** Dave finds himself drawn to a Fiat Uno 45 in a '1970s beige' with 36,000 miles on the clock.
10.00 **Bangers & Cash** Derek heads to County Durham, where Neil Walker is reluctantly letting his late father's car collection go.
11.00 **Abandoned Engineering** A look at bizarrely-shaped huts in India, once home to global superstars, are now eerily quiet and neglected.
12.00 M'T **Billy Connolly's Great American Trail**
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1hour 255 329

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop** A military chess set and a wartime mascot doll. **7.00** A battered ventriloquist's dummy.
8.00 **Wheeler Dealers** Mike finds a Golf Rabbit GTi. **9.00** Mike is seduced by a Land Rover Discovery Mk1 with low mileage.
10.00 **Richard Hammond's Workshop** Richard gets a dressing down by the MOD after the Cogs fail to follow orders.
11.00 **Wheeler Dealers**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: Lancashire**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Faking It: Tears of a Crime** The murder of 16-year-old Bristol student Becky Watts.
8.00 **Murder on CCTV**
10.00 **Evil Lives Here**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Julie Heath.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A boss of recycling company steals two million pounds of public cash.
8.00 **Shocking Crimes: Murder Book** Investigators try to unravel the mystery of a missing retiree.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **Bloodline Detectives** New edition A new forensic science tool is used to help find the killer of Cathy Sposito, murdered on an Arizona hiking trail in 1987.
11.00 **Evidence of Evil**
12.00 M'T **48 Hours**
1.00 AM **Forensic Factor**
2.00 **Bloodline Detectives**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **The Truth About My Murder** Double bill.
11.00 **Medical Detectives**
2.00 PM **The Truth About My Murder** Double bill.
4.00 **Medical Detectives** A retired police officer is found dead in his bed. **4.30** A small blood sample helps police after an apartment fire. **5.00** A sweet wrapper and tiny seeds are used to provide evidence in a murder investigation. **5.30** How a forensic anthropologist found out the truth about a death. **6.00** A pipe bomb detonates in a rural home, killing a man. **6.30** How detectives caught a murder suspect within 12 hours.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **Brit Cops UK**
11.00 **Catching the Killer**
12.00 NOON **The Killer Within**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Peter McMahon.
3.00 **Most Evil Killers**
5.00 **Catching the Killer**
6.00 **The Killer Within**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did...**
10.00 **The Priest and the Paedophile Hunter**
12.10 AM **World's Most Evil...**
1.05 **Murders That Shocked the Nation**
2.00 **Snapped** Melanie Eam.
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops UK**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Italy's Invisible Cities**
9.45 **The Great Fire: A City Rebuilt**
10.50 **China: Treasures of the Jade Empire**
11.55 **Apocalypse: Stalin**
1.00 PM **Mafia's Greatest Hits** Joe Valachi.
2.05 **Italy's Invisible Cities**
3.20 **The Great Fire: A City Rebuilt**
4.20 **China: Treasures of the Jade Empire**
5.20 **Apocalypse: Stalin**
6.30 **Italy's Invisible Cities**
7.45 **The Great Fire: A City Rebuilt** The last day of the fire's rampage through London in 1666.
8.50 **China: Treasures of the Jade Empire**
9.50 **Apocalypse: Stalin**
11.00 **The Great Fire: A City Rebuilt** As 7.45pm.
12.00 M'T **China: Treasures of the Jade Empire**
1.05 **to 2.00** AM **Beautiful Serengeti**

THURSDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Story of Late Night**
7.00 **Discovering: Ben Kingsley**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **Urban Secrets**
11.00 **UFO** As shown at 8.00pm.
12.00 NOON **Lancaster**
2.00 PM **Red Elvis: The Cold War Cowboy** Documentary about a pop star who defected to the Soviet Bloc in the 1970s.
3.50 **My Icon: Shaun Gayle**
4.00 **The Directors**
5.00 **Discovering: Ben Kingsley**
6.00 **The Eighties**
7.00 **Urban Secrets** From Liverpool.
8.00 **UFO** 4/4. Psychiatrist John Mack's investigation into claims of alien abduction.
9.00 NEW SERIES **An Update on Our Family** 1/3. Documentary series exposing the unregulated family vlogging industry.
10.00 **Tell Them You Love Me**
12.00 M'T **The Apollo**
2.00 AM **Fashion Reimagined**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Ben Kingsley**

Sky Nature

124/125 822 189 354 369

6.00 AM **Secret Life of the Koala**
7.00 **Monkey Life**
8.00 **Seasons of the Wild**
9.00 **Wild Tales from the Farm**
10.00 **Africa's Wild Horizons**
11.00 **Orangutan Jungle School**
12.00 NOON **My Garden of a Thousand Bees**
1.00 PM **Monkey Life**
2.00 **Seasons of the Wild**
3.00 **Wild Tales from the Farm**
4.00 **Africa's Wild Horizons**
5.00 **Gangs of Lemur Island**
6.00 **My Garden of a Thousand Bees** One-off documentary.
7.00 **Monkey Life** Double bill.
8.00 **Islands** Focusing on Borneo.
9.00 **Wild Birds of Australia**
10.00 **My Garden of a Thousand Bees** One-off documentary.
11.00 **Gangs of Lemur Island**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Rockies**
2.00 **Islands** As 8.00pm.
3.00 **Wild Birds of Australia**
4.00 **Seasons of the Wild**
5.00 **to 6.00** AM **Wild Tales from the Farm**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **How the Nazis Lost the War**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Restoration London.
2.00 **Walking Through History**
3.00 **How the Nazis Lost the War**
4.00 **The Real Hunt for Red October** 1/2. Documentary.
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** A UFO spotted at Stephenville, Texas, in 2008.
8.00 **Egypt's Unexplained Files**
9.00 **Dark Marvels: Killing Machines**
10.00 **Clash of the Gods**
11.00 **Rome's Bloodiest Dynasty: Boudica's Revenge**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Elizabethan Plymouth.
3.00 **Walking Through History**
4.00 **Weird or What? With William Shatner**
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Fear Thy Neighbour**
3.00 **Killer Britain with Dermot Murnaghan** Documentary.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition A musician's ex-wife drowns in a swimming pool.
9.00 **After the First 48** New edition
10.00 **Interrogation Raw**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **After the First 48**
2.00 **Interrogation Raw**
3.00 **Fear Thy Neighbour**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Last of the Giants: Wild Fish**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Ancient China from Above**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Alaska Fish Wars** The final day of salmon fishing season arrives.
9.00 **Last of the Giants: Wild Fish** Cyril and his team hit the waters in search of the elusive, giant muturo.
10.00 **Ice Road Rescue** Bjoern's injured arm does not stop him going to the aid of a stranded driver caught in a storm. **11.00** Thord meets a rival to discuss a potential expansion.
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Coast Guard at War**
8.00 **Mega Engineering**
9.00 **Combat Dealers: Reloaded**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **Investigation X** Scientists investigate what caused the Tunguska event, a massive explosion that wiped out a lmost 1,000 square miles of Siberian wilderness in 1908.
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 1/5. Henry Cole prepares for a 3,000-mile ride from Johannesburg to Cape Town.
12.00 M'T **Mysteries of the Deep**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** Triple bill.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Mistresses** 6/6. Dan and Megan find out about Katie and Jack's affair, Richard and Lucas join Trudi for her daughter's sports day, Siobhan vows revenge on Tom, while Mark begs a pregnant Jessica to take him back. (S2)
10.20 **The Bill** *Not Without Cause:* 12/12. Penny is shot when a landlord asks him to talk to a difficult tenant. (S3) **11.20** *Light Duties:* 1/48. Carver and Roach investigate the murder of an informant. **11.50** *The Three Wise Monkeys:* 2/48. An escaped prisoner takes a woman hostage. (S4)
12.20 AM **Pointless** Double bill.
2.20 **Mistresses** As 9.00pm.
3.30 **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 166

8.00 AM **Calls from the Inside**
9.00 **The Killer Beside Me**
11.00 **Love Kills** Double bill.
1.00 PM **The Murder Tapes**
3.00 **Murder Chose Me**
5.00 **Someone You Thought You Knew** Double bill of editions.
7.00 **Evil Online** The case of 50-year-old real-estate agent Beverly Carter, who was murdered after arranging to meet a prospective buyer at a remote house in 2014. **8.00** The case of Jeffrey Marsalis, who had both charm and good looks but was a sexual predator and would take women on dates and drug them.
9.00 **The Real Story with Maria Elena Salinas** The host exposes a unique view of justice and life on the streets.
10.00 **Lethally Blonde**
11.00 **Undercover Underage**
12.00 M'T **I Almost Got Away with It**
2.00 AM **Someone You Thought You Knew** Double bill.
4.00 **to 6.00** AM **Evil Online**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Big** Richard pays a visit to the Burj Khalifa in Dubai.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Twilight of the Warriors: Walled In** As 3.35am.
8.15 **Parachute** As 1.35am.
10.05 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
12.15 PM **The Killer** As 8.00pm.
2.30 **The Last Stop in Yuma County** As shown at 10.15pm.
4.10 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
5.50 **The Fall Guy** Action comedy starring Ryan Gosling. (2023, 12, 126min) ★★★★

10.05 Slingshot

8.00 The Killer Action thriller starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. With Diana Silvers, Sam Worthington and Eric Cantona. (2024, 15, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

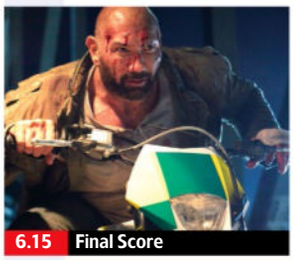
10.15 The Last Stop in Yuma County Crime thriller starring Jim Cummings. While stuck at an Arizona rest stop, a salesman is thrust into a hostage situation by the arrival of two bank robbers. (2023, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Get Away** Comedy horror. (2024, 15, 86min) ★★★★
1.35 AM **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
3.35 **to 6.00** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **Gran Turismo** As 4.50am.
8.20 **Bad Boys II** As 2.15am.
10.50 **Safe** As shown at 12.35am.
12.30 PM **SAS: Red Notice** Action thriller. (2021, 15, 90min) ★★★
2.40 **Retribution** Action thriller. (2023, 12, 91min) ★★
4.15 **Gunpowder Milkshake** Action thriller starring Karen Gillan. (2021, 15, 114min) ★★★
6.15 **Final Score** Action drama starring Dave Bautista. (2018, 15, 104min) ★★★



6.15 Final Score

8.00 Fast X Action thriller sequel starring Vin Diesel and Jason Momoa. Dominic Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes. With Michelle Rodriguez, Jason Statham and Jordana Brewster. (2023, 12, 141min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Fast & Furious 6 Action thriller sequel starring Vin Diesel. The gang of carjackers must stop a criminal mastermind from building a superweapon. (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Safe** Action thriller. (2012, 15, 90min) ★★★
2.15 **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★
4.50 **to 7.05** AM **Gran Turismo** Drama starring David Harbour. (2023, 12, 123min) ★★★

Sky Cinema Drama

310 410 510 524

6.15 AM **The Cinema List: Musicals**
6.30 **The Integrity of Joseph Chambers** As 2.05am.
8.20 **Babylon** As shown at 10.15pm.
10.00 **Rurangi** As shown at 5.45am.
11.40 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
1.45 PM **Jesus Revolution** Drama. (2023, 12, 120min) ★★★
3.55 **Aisha** Drama with Letitia Wright. (2022, 12, 94min) ★★★★
5.45 **Gorillas in the Mist** Fact-based drama starring Sigourney Weaver and Bryan Brown. (1988, 12, 124min) ★★★★
8.00 **Ferrari** Drama starring Adam Driver and Jack O'Connell. (2023, 15, 130min) ★★★
10.15 **Babylon** Ground-breaking British drama starring Brinsley Forde, Karl Howman and Mel Smith. (1980, 15, 94min) ★★★
11.55 **Miranda's Victim** Drama with Emily VanCamp and Abigail Breslin. (2023, 15, 127min) ★★★
2.05 AM **The Integrity of Joseph Chambers** Survival drama. (2022, 15, 96min) ★★★
3.45 **Tommy** Ken Russell's screen version of The Who's rock opera. (1975, 15, 111min) ★★★★
5.45 **to 7.20** AM **Rurangi** Drama. (2020, 15, 87min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.00 AM **Doom** As shown at 1.45am.
8.50 **Star Trek: First Contact** Sci-fi. (1996, 12, 110min) ★★★★
10.45 **Little Bone Lodge** As 3.35am.
12.25 PM **The War of the Worlds** Sci-fi thriller starring Gene Barry. (1953, PG, 85min) ★★★★
1.55 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
4.05 **Godzilla** Monster thriller remake. (2014, 12, 118min) ★★★
6.10 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★
8.00 **War of the Worlds** Steven Spielberg's sci-fi adventure based on HG Wells' classic novel, starring Tom Cruise. (2005, 12, 116min) ★★★★
10.05 **The Exorcist: Believer** Horror sequel starring Leslie Odom Jr. (2023, 15, 111min) ★★★
12.00 M'T **Resident Evil: Vendetta** Animated horror thriller. (2017, 15, 97min) ★★★
1.45 AM **Doom** Sci-fi horror thriller starring Karl Urban and The Rock. (2005, 15, 105min) ★★★
3.35 **Little Bone Lodge** Horror starring Joely Richardson. (2023, 15, 93min) ★★★
5.15 **to 6.45** AM **The War of the Worlds** As shown at 12.25pm.

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.30 AM **Maya the Bee** Animation. (2014, U, 86min) ★★
9.05 **The Karate Kid: Part III** Adventure. (1989, PG) ★
11.05 **A Tiger's Journey** As 10.10pm.
12.45 PM **Angus, Thongs and Perfect Snogging** Comedy. (2008, 12, 100min) ★★★★
2.30 **Big Fat Liar** As 12.15am.
4.00 **Annie** Musical remake. (2014, PG, 115min) ★★★
6.30 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★

6.30 The Wizard of Oz

8.20 **The Next Karate Kid** Martial arts adventure sequel starring Noriyuki 'Pat' Morita and Hilary Swank. A rebellious teenage girl is taken under the wing of a wise karate instructor. (1994, PG, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **A Tiger's Journey** Drama starring Sunny Pawar. In the valleys of the Himalayas, an orphan boy and a Bengal tiger cub head off on an adventure. (2023, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Cinema List: Family Movie Night**
12.15 AM **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
1.45 **Robin and the Hoods** Comedy starring Naomie Harris. (2024, PG, 101min) ★★
3.30 **to 6.00** AM **Annie** As 4pm.

Sky Cinema Stunts

307 407 507 521

8.20 AM **Rear Window** Classic Hitchcock suspense movie. (1954, PG, 112min) ★★★★★
10.15 **Three Days of the Condor**
12.15 PM **The Hand of Death** Thriller. (1976, 15, 95min)
1.55 **300** Epic historical adventure. (2006, 15, 116min) ★★★★
3.55 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
5.45 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★

10.00 Oldboy

8.00 **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Oldboy** Revenge thriller remalke starring Josh Brolin. A man is released after being held captive in a private prison for 20 years and given the task of solving the mystery of his incarceration. (2013, 18, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Monkey Man** Action thriller. (2024, 18, 121min) ★★★★
1.55 AM **Oldboy** South Korean revenge thriller. Subtitled. (2003, 18, 120min) ★★★★
4.00 **to 6.00** AM **Three Days of the Condor** Conspiracy thriller. (1975, 15, 118min) ★★★★

Sky Cinema Comedy

308 408 508 522

6.50 AM **The Taming of the Shrew**
9.00 **Drop Dead Fred** As 11.40pm.
10.50 **About Last Night** Comedy remake. (2014, 15, 98min) ★★
12.40 PM **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
2.25 **Hot Rod** Action comedy. (2007, 12, 84min) ★★★★
4.05 **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
6.00 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★

6.00 Tropic Thunder

8.00 **Along Came Polly** Romantic comedy with Ben Stiller and Jennifer Aniston. A risk assessor begins dating a free-spirited young woman. (2003, 12, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **The Taming of the Shrew** Director Franco Zeffirelli's screen version of Shakespeare's comedy, starring Elizabeth Taylor and Richard Burton. In 16th-century Padua, a tempestuous woman is wooed by a handsome fortune hunter. (1967, U, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Drop Dead Fred** Comedy. (1991, 12, 99min) ★★
1.25 AM **Movie 43** Comedy sketches. (2013, 15, 90min) ★
3.05 **The Brady Bunch Movie** Comedy starring Shelley Long. (1995, 12, 89min) ★★★
4.40 **to 6.15** AM **Goon** Comedy. (2011, 15, 88min) ★★★

Sky Cinema Thriller

309 409 509 523

7.10 AM **The Young Master**
9.10 **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
11.40 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
2.00 PM **Cult Killer** Crime thriller. (2024, 15, 105min) ★★★
4.00 **The Young Master** Hong Kong martial arts comedy. (1980, 15, 102min) ★★★★
6.00 **Hanna** Action thriller. (2011, 12, 106min) ★★★★

6.00 Hanna

8.00 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead. A woman survives a car crash, only to end up trapped in a bunker by a man claiming the world is coming to an end. (2016, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Island** Sci-fi thriller starring Ewan McGregor and Scarlett Johansson. In the year 2019, one of the inhabitants of a hermetically sealed facility makes a shattering discovery about the purpose of his existence. (2005, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **American Gigolo** Thriller. (1980, 18, 117min) ★★★
2.15 **He Went That Way** Crime drama starring Zachary Quinto. (2023, 15, 96min) ★★★
4.00 **to 6.00** AM **Caddo Lake** Thriller starring Dylan O'Brien. (2024, 12, 99min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Kind Hearts and Coronets** Black comedy. (1949, b/w, U, 106min) ★★★★★
1.10 PM **Broken Arrow** Western. (1950, PG, 93min) ★★★★
3.00 **Father Brown** Comedy drama. (1954, U, 91min) ★★★
4.45 **Gunman's Walk** Western. (1958, PG, 95min) ★★
6.45 **The Mountain Between Us** Romantic adventure with Idris Elba. (2017, 12, 112min) ★★

11.10 Mr Turner

8 PM **The Mountain Between Us** (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Venom** Comic-book fantasy adventure starring Tom Hardy, Michelle Williams and Riz Ahmed. A journalist gains superhuman strength and power when his body merges with an alien organism. (2018, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.10** **Mr Turner** Biopic starring Timothy Spall. During the last 25 years of his life, artist JMW Turner faces personal losses, but also embraces innovative approaches to painting. (2014, 12, 147min) ★★★★★
2.10 **to 3.55** AM **The Naked Gun 33⅓: The Final Insult** Comedy sequel starring Leslie Nielsen. (1994, 12, 83min) ★★★

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

7.25 AM **The Secret Garden** (2020)
9.10 **Beethoven** Family comedy. (1992, U, 87min) ★★★
10.45 **Couples Retreat** As 11.45pm.
12.45 PM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
2.45 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
4.45 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★

6.25 **Hot Rod** Action comedy starring Andy Samberg, Ian McShane and Isla Fisher. (2007, 12, 84min) ★★★★
8.00 **The Truman Show** Satirical comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney and Ed Harris. (1997, PG, 99min) ★★★★
10.00 **The Last Rifleman** Drama starring Pierce Brosnan. (2022, 15, 115min) ★★★

11.45 **Couples Retreat** Comedy. (2009, 15, 113min) ★★★
1.45 AM **The Five-Year Engagement** Comedy. (2012, 15, 119min) ★★★
3.55 **Cinema List: Winter Warmers**
4.15 **to 6.00** AM **The Secret Garden** Drama starring Colin Firth. (2020, PG, 99min) ★★★★

Sky Cinema Greats

304 404 504 518

6.50 AM **HouseSitter** Comedy. (1992, PG, 102min) ★★★
8.40 **The Brady Bunch Movie** Comedy starring Shelley Long. (1995, 12, 89min) ★★★
10.30 **Airplane!** Spoof of air-disaster movies, starring Robert Hays. (1980, 12, 86min) ★★★★★
12.00 NOON **Airplane II: The Sequel** Comedy sequel starring Robert Hays. (1982, 15, 81min) ★★★

1.35 PM **Field of Dreams** Fantasy. (1989, PG, 106min) ★★★★★
3.35 **...And Justice for All** Satirical black comedy starring Al Pacino. (1979, 15, 119min) ★★★
5.40 **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
8.00 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
10.10 **Forrest Gump** Oscar-winning whimsical fable with Tom Hanks. (1994, 12, 136min) ★★★★

12.35 AM **Goodfellas** Gangster drama. (1990, 18, 143min) ★★★★★
3.10 **The Cinema List: Biopic**
3.40 **The Man Who Knew Too Much** Classic Hitchcock thriller. (1956, PG, 120min) ★★★★
5.50 **to 6.50** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.55 AM **The Ogglies** Animation. (2021, PG, 85min) ★★★
8.35 **PAW Patrol: The Mighty Movie**
10.10 **Tom and Jerry: A Nutcracker Tale** Animated adventure. (2007, U, 47min) ★★★
11.05 **Scarygirl** As shown at 2.25am.
12.45 PM **Boonie Bears: Guardian Code** Animated adventure. (2023, PG, 96min) ★★★
2.25 **Extinct** As shown at 11.05pm.

4.00 **The Lego Batman Movie**
5.55 **PAW Patrol: The Mighty Movie** Animated family adventure. (2023, U, 92min) ★★★
7.30 **Mummies** Animated comedy with the voice of Joe Thomas. (2023, U, 88min) ★★★
9.10 **The Lego Batman Movie** Animation featuring the voices of Will Arnett and Michael Cera. (2017, U, 104min) ★★★★
11.05 **Extinct** Animated adventure featuring the voice of Adam Devine. (2021, U, 84min) ★★★

12.40 AM **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
2.25 **Scarygirl** Animated adventure. (2023, PG, 90min) ★★★
4.05 **Mummies** As 7.30pm.
5.45 **to 6.00** AM **Sky Cinema Preview**

Movies 24

312 419

7.00 AM **Wedding of a Lifetime** Comedy. (2022, PG, 84min) ★★
9.00 **The Wedding Arrangement** Drama. (2022, PG, 90min) ★★
11.00 **A Scottish Love Scheme** Drama. (2024, PG, 84min) ★★
1.00 PM **Love's Greek to Me** Drama.(2023, PG, 90min) ★★
3.00 **My Dreams of You** Romantic drama starring Cecilia Lee. (2024, PG, 90min) ★★

5.00 **The Presence of Love** Drama starring Eloise Mumford. (2022, PG, 84min) ★★
7.00 **Love, Bubbles & Crystal Cove** Romantic drama starring Stephanie Bennett and Jesse Hutch. (2021, PG, 85min) ★★
9.00 **A Pinch of Portugal** Romantic drama starring Heather Hemmens and Luke Mitchell. (2023, PG, 84min) ★★
11.00 **Aurora Teagarden Mysteries: Haunted By Murder** Crime drama. (2022, PG, 84min) ★★

1.00 AM **Love, Fashion, Repeat** Romantic comedy with Cristina Rosato. (2022, PG, 89min) ★★
3.00 **to 5.00** AM **Savoring Paris** Romance starring Bethany Joy Lenz. (2024, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **King of the Underworld** Crime drama with Tod Slaughter. (1952, b/w, PG, 82min) ★★★
7.35 **Command Performance** Romantic musical with Arthur Tracy. (1937, b/w, PG, 84min) ★
9.15 **Sky Liner** Espionage thriller. (1949, b/w, 12, 70min) ★★★
10.25 **The Scarlet Web** Mystery drama starring Griffith Jones. (1954, b/w, PG, 63min) ★

11.40 **The Scamp** Melodrama. (1957, b/w, PG, 95min) ★★
1.25 PM **The Happiness of Three Women** Comedy starring Eynon Evans. (1954, b/w, U, 80min) ★★
3.00 **Crown Court** Triple bill.
4.30 **Lorna Doone** Romantic drama. (1951, b/w, U, 88min) ★★★
6.15 **Nearest and Dearest** Comedy spin-off. (1972, 12, 84min) ★★
8.00 **The Brothers** 7/13. (S5)
9.05 **The Cassandra Crossing** Disaster movie starring Richard Harris. (1977, PG, 129min) ★★★

11.40 **Framed** Lynda La Plante's thriller starring Timothy Dalton.
1.55 AM **Salome** Biblical epic starring Rita Hayworth. (1953, PG, 104min) ★★
4.00 **Jail Bait** Ed Wood's crime drama. (1954, b/w, PG, 71min) ★★★
5.30 **to 6.00** AM **26 Men**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **DP World Tour Golf** Coverage of the opening day of the Bahrain Championship staged at Royal Golf Club, where Dylan Frittelli of South Africa was victorious last year. This is the second year of this competition after its inaugural event last year.
1.30 PM LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
4.45 LIVE **PGA Tour Golf** Early coverage of day one of the AT&T Pebble Beach Pro-Am at Pebble Beach Golf Links in California.
8.00 LIVE **PGA Tour Golf** Further coverage of the first day of the AT&T Pebble Beach Pro-Am from California. America's Wyndham Clark won this title last year.
12.00 M'T **Sky Sports News**
2.00 AM **My Icon** Chris Hughton.
2.15 LIVE **ICC U19 Women's World T20** Coverage of the first semi-final from Bayuemas Oval in Pandamaran, Malaysia.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Leicester City v Manchester United from 2014.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **Premier League 100 Club** The best of Robbie Fowler's 162 Premier League goals.
6.30 **Premier League 100: Michael Owen** The former Liverpool striker reflects on his career.
7.00 **The Big Interview**
7.30 **Premier League Stories** The career of striker Andy Carroll.
8.00 **Gary Neville's Soccerbox**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Crystal Palace v Liverpool in the 2013/14 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Celtic's Invincibles**
7.00 **Henrik Larsson: 20 Years On**
8.00 **Best Goals: EFL Cup 23/24**
8.30 **EFL Trophy** The 2023/24 final.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Old Firm Derby Best Goals**
11.30 **Edinburgh Derby Best Goals**
12.00 NOON **EFL Highlights**
1.00 PM **WSL** Highlights from Aston Villa v Manchester City.
1.30 **EFL Highlights**
3.00 **Bundesliga Highlights Show**
4.00 **EFL Highlights**
6.00 **Bundesliga** Recent action.
6.30 **Bundesliga Weekly**
7.00 **EFL Highlights**
8.00 **Scottish Premiership Round-Up**
8.15 **SPFL Highlights**
8.30 **Bundesliga** Action from January.
9.00 **Bundesliga Weekly**
9.30 **EFL Highlights** Action from West Bromwich Albion v Portsmouth. **9.45** Burnley v Leeds United.
10.00 **Scottish Premiership Round-Up**
10.15 **SPFL Highlights** Action from Dundee United v Rangers.
10.30 **Bundesliga** Recent action.
11.00 **Bundesliga Weekly**
11.30 **EFL Greatest Games**
12.00 M'T **SPFL Greatest Games**
2.00 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Big Bash League**
10.00 **Women's ICC World T20**
11.00 **WPL** Highlights from India.
1.00 PM **SA20** Recent action.
3.00 LIVE **SA20 Joburg Super Kings v Paarl Royals.** Coverage of the match staged at DP World Wanderers Stadium in Johannesburg. This meeting last season was a low-scoring affair as the visitors bowled out the Super Kings for 134, with Leus de Plooy leading the way with 71 from 43 balls. In reply, Jos Buttler hit 70 not out off 37 balls to chase down the total with 35 balls to spare.
7.30 **Women's ICC World T20** Action from England v South Africa.
9.00 **SA20** Highlights from MI Cape Town v Sunrisers Eastern Cape. **10.00** Action from Joburg Super Kings v Paarl Royals.
11.00 **WPL** Delhi Capitals v Royal Challengers Bangalore.
12.00 M'T **Women's ICC World T20**
2.00 AM **Women's World Cup 2017**
2.15 LIVE **ICC U19 Women's World T20** Coverage of the first semi-final from Bayuemas Oval.
5.30 **to 6.00** AM **The Best of the Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **PGA Tour Golf** Highlights.
7.30 **Uncommon: Building a Boston Sports Team**
8.00 **DP World Tour Golf**
8.30 LIVE **DP World Tour Golf** Coverage of the opening day's play of the Bahrain Championship staged at Royal Golf Club, where Dylan Frittelli of South Africa was victorious last year.
1.30 PM **Uncommon: Building a Boston Sports Team**
2.00 **TGL** Recent highlights.
4.00 **My Ryder Cup**
4.15 **DP World Tour Golf**
4.45 LIVE **PGA Tour Golf** Coverage of day one of the AT&T Pebble Beach Pro-Am at Pebble Beach Golf Links in California. America's Wyndham Clark won this title last year, finishing one stroke behind Sweden's Ludvig Aberg.
12.00 M'T **DP World Tour Golf**
12.30 AM **Uncommon: Building a Boston Sports Team**
1.00 **Playing Lessons**
1.30 **DP World Tour Golf**
3.00 **PGA Tour Golf** Highlights.
4.00 **DP World Tour Golf**
4.30 **My Ryder Cup**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Women's Ashes Australia v England.** Coverage of the first day of the one-off Test from Melbourne Cricket Ground.
11.30 **T20 Cricket Highlights**
12.30 PM **TNT Sports Cricket Reload**
12.45 **The Rugby Review**
1.30 **UEFA Europa League & Conference League Magazine**
2.00 **Isuzu UTE A-League**
3.00 **T20 Cricket Highlights**
4.00 **Women's Ashes**
5.00 **The Edge** Australia v England.
5.30 **Test Cricket Highlights**
6.30 **UEFA Europa League & Conference League Magazine**
7.00 **UEFA Europa League Goals**
7.30 LIVE **UEFA Europa League** A match in the league phase.
10.00 **UEFA Europa League Goals Show Xtra**
11.00 **Women's Ashes**
12.00 M'T **The Edge** Australia v England.
12.30 AM **Women's T20 International Cricket**
1.30 **Women's Ashes**
2.30 **The Edge** Australia v England.
3.00 **to 6.00** AM LIVE **Women's Ashes Australia v England.** The second day of the one-off Test in the multi-format series.

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **Test Cricket Sri Lanka v Australia.** Day two of the first Test in the two-match series.
12.30 PM **Vendee Globe Highlights**
1.00 **Fishing: On the Bank**
2.00 **HSBC SVNS Highlights**
3.00 **Serie A – Full Impact**
3.30 **Ultimate Pool** Recent action.
5.00 **TNT Sports Reload**
5.30 **Premier League Stories**
6.00 **Premier League Netbusters**
6.30 **Premier League: Big Interview**
7.00 **UEFA Europa League Goals Show Xtra**
7.30 LIVE **UEFA Europa League** A match in the league phase.
10.00 **UEFA Europa League Goals Show Xtra**
11.00 **Premier League Reload**
11.15 **TNT Sports Reload**
11.30 **NBA Tip-Off** Match previews.
12.00 M'T LIVE **NBA Cleveland Cavaliers v Atlanta Hawks.** The Eastern Conference match staged at Rocket Mortgage Fieldhouse. Tip-off **12.00m't**.
2.30 AM LIVE **NBA Memphis Grizzlies v Houston Rockets.** The Western Conference match at FedExForum. Tip-off **2.30am**.
5.00 **to 6.00** AM **Inside the NBA**

TNT Sports 3

417 874 529 410 432

6.45 AM **UEFA Europa League Goals Reload** Highlights.
7.00 **UEFA Champions League**
11.30 **UEFA Europa League & Conference League Magazine**
12.00 NOON **Serie A – Full Impact**
12.30 PM **UEFA Champions League Highlights Show**
1.30 **Premier League Reload** A whirlwind catch-up from the weekend's top-flight matches.
1.45 **TNT Sports Reload**
2.00 **UEFA Champions League**
6.30 **Serie A – Full Impact**
7.00 **UEFA Europa League Goals Show Xtra** All the goals from the latest round of fixtures.
7.30 LIVE **UEFA Europa League** A match in the league phase.
10.00 **UEFA Europa League Goals Show Xtra**
11.00 **UEFA Champions League Highlights Show**
12.00 M'T **MLB Classic**
2.45 AM **TNT Sports Reload**
3.15 **Test Cricket Highlights**
4.15 **to 6.00** AM LIVE **Test Cricket Sri Lanka v Australia.** Coverage of the third day of the first Test in the two-match series from Galle International Stadium.

Sky Sports NFL

408 517 507 426 446

6.00 AM **Super Bowl LVIII Highlights**
7.00 **NFL Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **Super Bowl LVII Highlights**
12.00 NOON **Super Bowl LVIII Bitesize** San Francisco 49ers v Kansas City Chiefs.
12.15 PM **NFL Bitesize Highlights**
1.00 **Good Morning Football**
3.00 **Super Bowl LV Highlights**
5.00 **NFL Highlights** Action from the NFC Championship match.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Gameday** A round-up of the latest American football news.
8.30 **Super Bowl LVIII Bitesize**
8.45 **NFL Bitesize Highlights** The AFC Championship match.
9.00 **NFL Highlights** Action from the NFC Championship match.
10.00 **Super Bowl LIV Highlights**
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Gameday**
1.30 **NFL Bitesize Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **NFL Bitesize Highlights**
5.30 **Super Bowl LVIII Bitesize**
5.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA Tennis** Coverage of day four of the WTA Singapore Open, a hard-court tournament staged at Kallang Tennis Centre.
1.00 PM LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
9.30 **WTA & ATP Tennis** Action from the WTA and ATP Tours.
1.30 AM **ATP Sizzle Reel 2024**
1.45 **WTA Sizzle Reel 2024**
2.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Big Bash League**
11.00 **SA20** Recent highlights.
12.00 NOON **Fight Night International**
1.00 PM **Super League Highlights**
2.00 **Fight Night International**
3.00 **Women's State of Origin**
4.00 **Super League Highlights**
5.00 **Women's State of Origin**
6.00 **Spirit of Yachting**
6.30 **State of Origin Rugby League**
7.30 **NRLW** The 2024 Grand Final.
8.30 **Spirit of Yachting**
9.00 **Women's State of Origin**
10.00 **The Rugby Championship**
12.00 M'T LIVE **NCAA Basketball LSU Tigers v Oklahoma Sooners.** Coverage of the women's match at Pete Maravich Assembly Center in Baton Rouge, Louisiana. Tip-off is at **12.00m't**.
2.00 AM **State of Origin**
4.00 **SA20** Recent highlights.
5.00 **to 6.00** AM **Big Bash League**

TNT Sports 4

421 876 530 411 434

6.00 AM **NBA** Two match replays.
9.00 **Ninja A-League Women Highlights** The 13th round.
9.30 **Ultimate Pool** Recent action.
11.00 **NBA** A replay of Philadelphia 76ers v Los Angeles Lakers. **12.30** PM Portland Trail Blazers v Milwaukee Bucks.
2.00 **NBA Classic** Los Angeles Lakers v Oklahoma City Thunder.
4.00 **NBA Action** The latest action.
4.30 **NBA** A replay of Philadelphia 76ers v Los Angeles Lakers.
6.00 **Isuzu UTE A-League**
7.00 **UEFA Europa League Goals Show Xtra**
11.00 **NBA Action** Highlights.
11.30 **Ultimate Pool** Recent action.
1.00 AM **Ninja A-League Women Highlights** The 13th round.
1.30 **UEFA Europa League**
3.00 **Serie A – Full Impact**
3.30 **HSBC SVNS Highlights**
4.30 **Vendee Globe Highlights**
5.00 **to 6.00** AM **Isuzu UTE A-League**

Eurosport 1

413 870 521 412 435

6.00 AM **Cycling: AlUla Tour**
7.00 **Snooker: German Masters**
9.00 **Australian Open Tennis**
10.00 **Alpine Skiing** From Schladming.
11.00 **Biathlon** From Martell in Italy.
12.00 NOON **Snooker: German Masters** Action from the evening session on day three.
2.00 PM LIVE **Snooker: German Masters** The afternoon session on day four from Tempodrom Berlin, featuring third-round matches.
5.00 **Australian Open Tennis**
6.00 **Snooker: German Masters**
7.00 LIVE **Snooker: German Masters** The evening session on day four from Tempodrom Berlin, featuring third-round matches.
10.00 **Snooker: German Masters**
12.00 M'T **Cycling: AlUla Tour**
1.00 AM **Cycling: Challenge Mallorca**
2.00 **Snooker: German Masters**
4.00 **Alpine Skiing** At Courchevel.
5.00 **to 6.00** AM **Cycling: Challenge Mallorca**

Eurosport 2

414 871 522 413 436

6.00 AM **Australian Open Tennis**
8.00 **Cyclo-Cross** In Hoogerheide.
8.30 **Biathlon** From Martell in Italy.
9.30 **Cycling** Action from 2024.
11.30 LIVE **Cycling: AlUla Tour** Stage three from Saudi Arabia.
1.30 PM LIVE **Cycling: Challenge Mallorca** Coverage of the Trofeo Felanitx-Ses Salines.
3.15 **Cycling: Paris-Roubaix**
3.45 LIVE **Alpine Skiing** Coverage of the first run of the women's slalom from Courchevel, France.
5.30 **Alpine Skiing** From Schladming.
6.30 **Copper Mountain 2023**
6.45 LIVE **Alpine Skiing** Coverage of the second run of the women's slalom from Courchevel, France.
8.00 **Cycling** Recent highlights.
10.00 **Alpine Skiing** At Courchevel.
11.00 **Australian Open Tennis**
1.00 AM **Alpine Skiing**
2.00 **Cycling** Recent action.
4.00 **to 6.00** AM **Snooker: German Masters**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages, a tip on today's racing and a sporting weather forecast.
9.00 **Good Morning Transfers** Featuring a round-up of the latest football transfer news.
10.00 **The Football Show** A round-up of all the latest sports news.
12.00 NOON **Transfer Talk** The team break down all the latest talking points from the transfer window.
1.00 PM LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
9.00 **Sky Sports News** A round-up of the latest sports news.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Lewis's Secret Cinema**
12.30 PM **Formula 1** From Texas.
2.30 **Ted's Notebook**
3.00 **Formula 1** The US Grand Prix.
7.45 **Ted's Notebook**
8.15 **Ted Drives: F1 Car**
8.30 **Formula 1** The US Grand Prix.
10.50 **Ted Drives: F4 Cars**
11.00 **Formula 1** The US Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Friday

31 January

Evening Planner

Sci-Fi

Furiosa: A Mad Max Saga
Sky Premiere, 11.40am & 8pm
Anya Taylor-Joy stars as Furiosa in this *Mad Max* prequel, with Chris Hemsworth (centre) as the deranged Dr. Dementus.

Rugby Union

Six Nations Rugby
ITV1, kick-off 8.15pm
The tournament kicks off with France, one of the frontrunners, taking on Wales at the Stade de France in Paris.

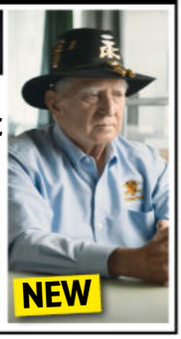
Crime Drama

Death in Paradise
BBC1, 9pm
A fatal traffic collision leads to DI Mervin Wilson (Don Gilet) extending his stay in Saint Marie, in the return of the drama.

OnDemand

tv+

Vietnam: The War That Changed America
Available today
Documentary on the conflict, including first-hand accounts.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 The Travelling...	8.00 Would I Lie to...	8.30 Amanda &...	9.00 Death in Paradise		10.00 News; Local News	10.40 Graham...
	102 BBC2	7.00 Yellowstone: The Toughest Spring		8.00 Monty Don's British Gardens		9.00 Uncanny		10.00 Uncanny...	10.30 Newsnight
	103 ITV1	7.00 Emmerdale	7.30 Rugby Union: Six Nations – Live: France v Wales (Kick-off 8.15)						10.35 News
	104 CHANNEL 4	7.00 News		8.00 Food...	8.30 Travel Man...	9.00 8 Out of 10 Cats Does Countdown		10.00 The Last Leg	
	105 CHANNEL 5	7.00 Inside the Hilton: Park Lane		8.00 The Good Ship Murder		9.00 Susan Calman's Cruise of a Lifetime		10.00 The Greatest TV of the '70s	
	106 SKY SHOWCASE	7.00 The Simpsons				9.00 Katherine Ryan – Missus			10.30 A League of...
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Traitors US				10.05 Smoggie Queens	
	116 BBC4	7.00 TOTP: 1997		8.05 TOTP: 1986	8.35 TOTP: 1990	9.10 More Abba at the BBC			10.10 When Abba Came to Britain
	118 ITV2	7.00 Wheel of Fortune		8.00 Gordon Ramsay's Food Stars USA		9.00 Love Island: All Stars		10.05 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Astrid: Murder in Paris		10.05 24 Hours in A&E	
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Gogglebox: Celebrity Special for SU2C		10.05 Film: War for the Planet of the...	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 FBI		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.30 Billions	7.40 Game of Thrones			9.00 The Gilded Age		10.05 Lockerbie: A Search for Truth	
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 The Good Life	8.35 The Thin Blue Line		9.20 Blackadder II	10.00 The Office	10.40 Good...
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Endeavour	
	120 ITV4	7.00 Darts: The Masters – Live: Coverage of day two							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Mr Bean		10.00 Kevin Bridges: The Brand New Tour	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Karl Pilkington: The Moaning of Life		9.00 Strike Back: Vengeance		10.00 A League of Their Own	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Father Brown		10.00 Death in Paradise	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Classic Albums		9.00 The Who: The Kids Are Alright			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Mystery at Blind Frog Ranch		10.00 Moonshiners	
	162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 I'm Alive		9.00 I Was Prey		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 The Truth Behind		9.00 Area 51: I Was There		10.00 UFOs: Investigating the Unknown	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Container Wars		9.00 Royal Autopsy		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Trawlermen: Hunting the Catch		9.00 The Warship: Tour of Duty		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Spitfire				9.00 The Truth vs Alex Jones			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 The Last Stop in Yuma County		8.00 Furiosa: A Mad Max Saga					10.35 Bad Boys...
	302 FEEL GOOD	◂ 6.25 Mr Bean's Holiday		8.00 The King's Speech				10.00 The Great Escaper	
	303 HITS	◂ 5.50 Aquaman and the Lost Kingdom		8.00 The Mummy: Tomb of the Dragon Emperor				10.00 The Scorpion King	
	304 GREATS	◂ 5.50 Philadelphia		8.00 The Shawshank Redemption					10.25 Goodfellas
	305 ANIMATION	◂ 5.40 The Adventures...	7.35 Storks			9.10 The Pirates! In an Adventure with Scientists			
	306 FAMILY	◂ 6.50 Pan			8.45 Dungeons & Dragons: Honour Among Thieves				
	307 STUNTS	◂ 6.00 Jack Reacher: Never Go Back		8.00 The Equalizer 3				10.00 Oldboy	
	308 COMEDY	◂ 6.10 Friends with Benefits		8.00 Anger Management			9.50 Seriously Red		
	309 THRILLER	◂ 6.00 The Bourne Identity		8.00 The Bourne Supremacy				10.00 The Bourne Ultimatum	
	310 DRAMA	◂ 5.55 Dallas Buyers Club		8.00 Oppenheimer					
	311 SCI-FI	◂ 5.55 Star Trek: Nemesis		8.00 Arrival				10.00 A Quiet Place: Day One	
	313 FILM4		7.15 Daddy's Home			9.00 Venom: Let There Be Carnage			
SPORT	401 MAIN EVENT	◂ 4.45 Golf – Live	7.30 EFL – Live: Blackburn Rovers v Preston North End (Kick-off 8.00)						10.30 Golf – Live
	402 PREMIER LEAGUE	7.00 PL Preview	7.30 Big Interview	8.00 Fantasy Show	8.30 PL Stories	9.00 PL Preview	9.30 Big Interview	10.00 Fantasy Show	10.30 PL Stories
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Blackburn Rovers v Preston North End (Kick-off 8.00)						10.30 EFL Cup...
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 ICC U19 Women's World T20		8.30 Women's ICC...	9.00 SA20			
	410 TNT SPORTS 1	7.00 The Edge	7.30 Test Cricket Highlights		8.30 PL Preview	9.00 T20 Cricket Highlights		10.00 NBA	
	411 TNT SPORTS 2	7.00 The Club That George Built			8.45 Women's T20 International Cricket		9.45 Women's International T20 Cricket – Live		

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Defenders: Busting the Bad Guys** Modern slavery. (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Invisible Friends:* 4/10. Murder threatens to derail the broadcast of a radio drama. (S12) (S)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition Helping a couple with a passion for collecting. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.30 Amanda & Alan's Spanish Job

7 PM

7.00 **The One Show** Roman Kemp and Clara Amfo host the topical show. (S)
7.30 **The Travelling Auctioneers** Ann sells her antiques collection to raise money for a village in Uganda. (S)(R)

8 PM

8.00 **Would I Lie to You?** New edition Cush Jumbo, Judi Love, Grayson Perry and Tim Vine join the regulars. (S)
8.30 **Amanda & Alan's Spanish Job** New edition 2/8. The dining room. (S)(AD)
■ Entire series on BBC iPlayer

9 PM

9.00 NEW SERIES **Death in Paradise** 1/8. Return of the drama with Don Gilet. The team become embroiled in the murder of a man whose body has been recovered from a ravine. *See feature, page 8.* (S14) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition 17/21. Graham is joined by guests Renée Zellweger, Leo Woodall, Anthony Mackie, Sterling K. Brown and Cyndi Lauper to discuss their latest projects. (S)
11.30 FILM **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. A widow begins receiving letters from her recently deceased husband to help her cope with her grief. With Lisa Kudrow and Gina Gershon. (S)(AD) (2007, 12, 120min) ★★★
1.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.35 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Lorraine Pascale – How to Be a Better Cook** (S)(R)
8.30 **Sign Zone: Joanna Page's Wild Life** A fledgling magpie. (S)(R)
9.00 **BBC News** (S)
12.50 PM **Lifeline** (S)(R)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Edge** Game show. (S)(R)
2.30 **The Boss** Quiz show. (S)(R)
3.15 **Wild China** (S)(R)(AD)
4.15 **The Planets** (S)(R)(AD)
5.15 **Flog It!** From Oxford. (S)(R)
6.00 **Richard Osman's House of Games** New edition Former players Fern Britton, JB Gill, John Kearns and Sally Lindsay return. (S)
6.30 **Alison Hammond's Florida Unpacked** New edition 5/15. Exploring Little Havana. (S)(AD)

8.00 Monty Don's British Gardens

7 PM

7.00 **Yellowstone: The Toughest Spring** 2/3. Cameras follow as winter turns to spring in Yellowstone, capturing the re-emergence of a range of animals, who leave their winter dens to explore the new, green world. (S)(R)(AD)

8 PM

8.00 **Monty Don's British Gardens** New edition 4/5. The presenter travels through the home counties and London, visiting amazing gardens, from one restored by a famous pop star to one lovingly tended on a barge. (S)(AD)

9 PM

9.00 NEW SERIES **Uncanny** 1/3. Return of the spin-off from the Radio 4 series in which Danny Robins investigates real-life stories of paranormal encounters and things going bump in the night. (S)(AD)

10 PM

10.00 NEW SERIES **Uncanny: Post Mortem** 1/4. Celebrity ghost-watchers and paranormal experts join Danny Robins to discuss the week's strange goings-on. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **A Million Little Pieces** Drama with Aaron Taylor-Johnson. A drug-dependent man faces his past and his inner demons. (S) (2018, 15, 105min) ★★★★
12.50 AM **Sign Zone: Where the Polar Bears Wait** Documentary. (S)(R)
1.15 **Sign Zone: Bloody Mary – Lucy Worsley Investigates** (S)(R)(AD)
2.15 **Sign Zone: Pompeii: The New Dig** (S)(R)(AD)
3.15 **to 6.20** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Team captains Angela Scanlon and Brian Conley join host Mel Giedroyc. (S)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Amy takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

2.30 Pictionary

7 PM

7.00 **Emmerdale** Rhona worries for Marlon, Caleb is cautious, and Pollard has some good news. (S)(AD)
7.30 LIVE **Rugby Union: Six Nations** France v Wales: Jill Douglas presents all the action from the opening match of this year's championship, held at Stade de France. Commentary from Miles Harrison, David Flatman and Shane Williams, with studio analysis by Dan Biggar, Jamie Roberts and Benjamin Kayser, and Gabriel Clarke reporting pitch-side. Kick-off is at 8.15. *See feature, page 28.* (S)

10.35 **ITV News** (S)
11.05 **Local News** (S)
11.20 **The 1% Club** Quiz show hosted by Lee Mack. (S)(R)(AD)
12.15 AM NEW TO ITV1 **Olivia Attwood's Bad Boyfriends** The partners of eight unsuspecting men are sent undercover to spy on them. *Previously on ITV2.* (S)
1.05 **Teleshopping**
3.00 **Lingo** Game show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 21-23/26. (S10) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 7-10/24. (S3) (S)(R)
10.40 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Angie and Ash rush to finish their renovations in Italy. (S)
5.00 **Four in a Bed** New edition The B&Bers find out who has won. (S)
5.30 **Come Dine with Me** New edition On the final night in Cambridge, wellness retreat host Nici plans a Greek island-themed evening. (S)
6.00 **A Place in the Sun** New edition A pair of retirees seek a home in Guardamar del Segura, Spain. (S)

8.30 Travel Man: 48 Hours in Malmö

7 PM

7.00 **News** (S)

8 PM

8.00 **Food Unwrapped** New edition Kate Quilton finds out whether shallots are actually just small onions. (S)(AD)
8.30 **Travel Man: 48 Hours in Malmö** Series finale 4/4. Joe Lycett is joined by Rose Matafeo. (S)(AD)

9 PM

9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts as Jon Richardson and Amy Gledhill take on Richard Ayoade and Guz Khan. Plus, Sam Campbell joins Susie Dent in Dictionary Corner. (S)

10 PM

10.00 **The Last Leg** New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by actor Brian Cox and comedian Michelle Wolf for a comic review of the significant moments from the past seven days. (S)
11.05 **Sarah Millican: Control Enthusiast** A stand-up performance by the comedian. (S)(R)
12.10 AM FILM **I, Robot** Sci-fi thriller starring Will Smith. A maverick cop investigates when a robot gets blamed for the death of a scientist. With Bridget Moynahan. (S)(AD) (2004, 12, 115min) ★★★★
2.05 **Ramsay's Hotel Hell** (S)(R)(AD)
2.55 **Manhunt** (S)(SL)(R)(AD)
3.50 **to 6.05** AM **Frasier** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** 9&10/24. (S9) (R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **My Missing Sister** Thriller starring Kelly Sullivan. (S) (2022, 12, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Alan and Sue host a fun day to raise funds for a dog rescue centre. (S)(AD)
5.00 **News** (S)
6.00 **Our Great Yorkshire Life** 5/6. *The Yorkshire Vet's* Peter Wright and wife Lin head to Whitby for a special weekend that attracts crowds from all over the UK and beyond. (S)(R)
6.55 **News** (S)

9.00 Cruise of a Lifetime

7.00 **Inside the Hilton: Park Lane** 4/4. The multimillion-pound renovation nears completion as the hotel's new lobby finally opens. (S)(R)
7.55 **News** (S)
8.00 **The Good Ship Murder** New episode *Gozo:* 4/7. A lavish influencer party on a sun-soaked Gozo beach turns deadly when its host, Tony Tong, is found murdered. (S2) (S)(AD)
9.00 **Susan Calman's Cruise of a Lifetime** New edition Susan continues her Caribbean cruise, and with the superyacht anchored off the coast of Jost Van Dyke, she embarks on a snorkelling excursion. (S)
10.00 **The Greatest TV of the '80s** A look back at the best TV programmes of the decade, featuring archive clips from shows including *Brookside, EastEnders, Dallas, Dynasty* and *Blind Date*. (S)(R)
12.05 AM **Million Pound Motorhomes** Ricky Tomlinson heads to north Wales. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Tsunami: Devastation** (S)(R)
3.50 **Dan & Helen's Pennine Adventure** In Cumbria. (S)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 6/15. (S5) (S)(R)
5.00 **The Simpsons** *McMansion & Wife:* Lisa puts a stop to Nelson's bullying spree. (S)(R) **5.30** *Barthood:* A coming-of-age story chronicling Bart's life from the age of six. (S)(R)
6.00 **The Office (US)** 5/26. Michael, Dwight and Jim spy on a rival salesman who has been beating them to clients. (S)(R) **6.30** 6/26. The staff hold a costume contest. (S7) (S)(R)

6.30 The Office (US)

7.00 **The Simpsons** *Thirst Trap: A Corporate Love Story:* A young college dropout persuades Mr Burns to fund her project. (S)(R) **7.30** *Iron Marge:* Bart and Lisa delve into Marge's past to show they know her. (S)(R)
8.00 **The Simpsons** *Ae Bonny Romance:* After Willie is kidnapped, the family follow him to Scotland. (S)(R) **8.30** *Murder, She Boat:* Lisa must solve a mystery involving the 'murder' of an action figure. (S)(R)
9.00 **Katherine Ryan: Missus** A stand-up performance by the comedian in which she reveals how marriage has given her new perspectives on life, love and what it means. (S)(R)
10.30 **A League of Their Own** 4/8. Sports-based comedy quiz show in which regulars Romesh Ranganathan, Jamie Redknapp, Jill Scott and Micah Richards are joined by guests Andy Murray and Keely Hodgkinson. (S)(R)
11.30 **Karl Pilkington: The Moaning of Life** 4/6. Karl explores the lengths people go to in order to stay healthy. (S)(R)
12.30 AM **Sex and the City** 7&8/18. Double bill. (S3) (S)(R)
1.50 **Brit Cops: Law & Disorder** (R)
2.45 **Road Wars** (S)(R)
3.15 **NCIS: New Orleans** (S7) (S)(R)
4.05 **MacGyver** 6/15. (S5) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30pm Show People: Licensed to Thrill (S)(R) (AD) **12.30am** FILM P.S. I Love You (S)(AD) (2007, 12, 120min) ★★★ **2.30** Weather for the Week Ahead (S) **2.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00pm Sarra Elgan's Six Nations Preview (S)(R) **7.30-8.00pm** The Wonder of Animals (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Pen/Campwyr **1.30** Ralïo+ **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Colleen Ramsey: Bywyd a Bwyd **6.30** Heno **7.00** Newyddion a'r Tywydd **7.30** LIVE Clwb Rygbi Rhyngwladol **10.45** Ar y Ffin (AD) **11.45pm-12.50am** Jonathan

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Matt LeBlanc and Chris Harris take a trip across Sri Lanka in tuk-tuks.
7.55 **The Catch Up**
8.00 **The Traitors US** New editions 5&6/12. Double bill of the US version of the reality game of trust and treachery.
10.05 **Smoggie Queens** 1/6. Comedy, written by and starring Phil Dunning. Dickie's friends rally around him when his boyfriend dumps him on the doorstep. **10.35** 2/6. Sick of dating creeps, Lucinda is given the royal princess treatment. **11.05** Everyone boards the *Teesside Princess* for Mam's *Titanic*-themed brunch. (S1)
11.35 **Dubai Hustle** 7/8. Kerris gets a grilling from the Queen of the Palm. **12.05** AM 8/8. A revelation leaves the brokers reeling.
12.35 **Life and Death Row**
1.35 **Top Gear** As 7.00pm.
2.35 **Funboys** Short comedy.
2.50 **to 3.50** AM **Squad Goals: Dorking 'Til I Die**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1997** Featuring Erasure, Bee Gees, Peter Andre and Aerosmith. **7.30** Music from Ant & Dec, Kula Shaker, 3 Colours Red, Sash! and Alisha's Attic.
8.05 **TOTP: 1986** Performances by Billy Ocean, Madonna, Talk Talk and Grace Jones.
8.35 **TOTP: 1990** Featuring The House of Love, Eurythmics, Sinead O'Connor and Cher.
9.10 **More ABBA at the BBC** Appearances by the Swedish superstars on BBC shows including *Top of the Pops, Wogan* and *The Mike Yarwood Christmas Show*.
10.10 **When ABBA Came to Britain** Examining the Swedish band's relationship with the UK and their groundbreaking legacy.
11.10 **ABBA in Switzerland** The pop group's first European TV special.
12.05 AM **TOTP: 1997**
1.10 **TOTP: 1986** As 8.05pm.
1.40 **TOTP: 1990** As 8.35pm.
2.15 **to 3.15** AM **More ABBA at the BBC**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun: Home or Away**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Nicole and Nick install a kitchen.
5.50 **Car S.O.S** Fuzz and Tim attempt to restore a former soldier's Austin army truck. **6.55** Fuzz and Tim secretly restore a Mazda RX-7 that belongs to a charity worker.
7.55 **Grand Designs Revisited** Kevin McCloud revisits a new build that saw a couple constructing an art deco lighthouse tower on a clifftop in north Devon – a project that led to marital problems and bankruptcy
9.00 **Astrid: Murder in Paris** New episode *The Arabian Nights:* 2/8. The charred corpse of a man living under an assumed name is found in his house. Subtitled. (S4)
10.05 **24 Hours in A&E** A patient undergoing treatment for cancer develops a swelling in her throat.
11.10 **Emergency Helicopter Medics** Documentary.
12.15 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
2.20 **Emergency Helicopter Medics** Documentary.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.30 **Modern Family** 11/18. Phil visits his dad after he hears some worrying news. (S11)
8.00 **The Simpsons** *Left Behind:* Homer gets Flanders a job at the nuclear plant. **8.30** *Throw Grampa from the Dane:* The Simpsons go on a trip to Denmark.
9.00 **Gogglebox: Celebrity Special for SU2C** Featuring Mo Gilligan, Vicky McClure and David Mitchell.
10.05 FILM **War for the Planet of the Apes** Sci-fi adventure sequel starring Andy Serkis. (2017, 12, 140min) ★★★★
12.55 AM **Naked Attraction's Best Naughty Bits**
1.55 **Naked Attraction: All Out & Proud**
2.50 **Gogglebox**
3.50 **The Simpsons**
4.15 **Brooklyn Nine-Nine**
5.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 807 110 341 356

6.00 AM **The Force: Manchester**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 19/22. (S6)
12.00 NOON **FBI** 21/22. (S5)
1.00 PM **FBI: International** 21/22. The daughter of an American hotelier is the prime suspect in a murder in Portugal. (S2)
2.00 **Caught on Dashcam**
3.00 **Stop, Search, Seize**
4.00 **Nothing to Declare**

8.00 Caught on Dashcam

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 **FBI** *Creating a Monster:* 4/13. The team search for a suspect who gunned down a federal judge in broad daylight. (S6)

10 PM

10.00 **The Rookie** *The Dark Side:* 10/20. The team are charged with escorting a female serial killer to the graves of her victims. (S2)
11.00 **Fire Country** 8/10. (S2)
12.00 M'T **The Rookie** 11/20. (S2)
1.00 AM **Law & Order: Organized Crime** 2/8. (S1)
2.00 **FBI: Most Wanted** (S4)
3.00 **Bull** 16/22. (S6)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.00 **The Sopranos** 5&6/21. (S6)
10.00 **Billions** 3&4/12. (S4)
12.10 PM **Game of Thrones** (S2)
1.30 **Big Love** 1&2/12. (S1)
3.30 **The Sopranos** 5/21. Johnny Sack is granted temporary leave from prison. **4.30** 6/21. Gossip is rife about Vito's secret life. (S6)
5.30 **Billions** 3/12. Chuck faces a threat to his new aspirations. **6.30** 4/12. Taylor considers going into business with an unexpected partner. (S4)

9.00 The Gilded Age

7.40 **Game of Thrones** *Valar Morghulis:* 10/10. Theon Greyjoy stirs his men into action, Daenerys enters the mysterious House of the Undying, and Jon proves his worth. (S2)

9.00 **The Gilded Age** *Close Enough to Touch:* 5/8. Ada questions moving ahead without Agnes's support. (S2)

10.05 **Lockerbie: A Search for Truth** 5/5. Jim is left at a loss when Megrahi gives up his appeal. (S1)
11.10 **The Wire** 9/12. A murder threatens the secrecy of the tolerant zones. (S3)
12.15 AM **Band of Brothers** 2/10. Winters rallies the troops. (S1)
1.20 **Game of Thrones** As 7.40pm.
2.40 **Gomorrah** 5/12. (S4)
3.45 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 18&19/22. (S5)
8.00 **Supergirl** 16/20. (S6)
9.00 **Stargate Universe** (S2)
11.00 **Manifest** 1/13. (S3)
12.00 NOON **Supergirl** 18/20. (S6)
1.00 PM **S.W.A.T.** 20&21/22. (S5)
3.00 **NCIS: New Orleans** (S7)
4.00 **MacGyver** 6/15. (S5)
5.00 **DC's Legends of Tomorrow** 13/13. Gideon is horrified when her AI counterpart tells her about Gary. (S7)
6.00 **Stargate Universe** 19/20. Eli finds a risky solution to avoid detection by the drones. (S2)

4.00 MacGyver

7.00 **Stargate Universe** *Gauntlet:* 20/20. Drones are discovered at every star leading to the edge of the galaxy. (S2)

8.00 **Karl Pilkington: The Moaning of Life** 4/6. Karl explores the lengths people go to in order to stay healthy.

9.00 **Strike Back: Vengeance** 4/10. Stonebridge and Scott seek refuge in a farmhouse. (S3)

10.00 **A League of Their Own** Sports-based comedy quiz, with Andy Murray and Keely Hodgkinson joining the regulars.
11.00 **The Force: North East**
1.00 AM **Road Wars**
2.00 **Brit Cops: Law & Disorder**
3.00 **NCIS: New Orleans** 9/16. Pride and the team search for a kidnapped 14-year-old. (S7)
4.00 **MacGyver** 6/15. Mac, Bozer and Riley tackle a crime while quarantined. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.05 **In with a Shout**
3.05 **Charmed** 5/22. (S7)
4.00 **Gilmore Girls** 4/22. (S4)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Mo Gilligan, Naga Munchetty and Joanna Page.

10.05 Family Guy

7.00 **Wheel of Fortune** Graham Norton hosts the game show as three contestants spin the wheel to win a possible £50,000.

8.00 **Gordon Ramsay's Food Stars USA** New edition The teams must craft a seasonal advertising campaign for wines.

9.00 **Love Island: All Stars** New edition The All Stars learn anything can happen in the villa as the third week draws to a close.

10.05 **Family Guy** 13/20. Peter is mistaken for being a single parent. **10.35** 14/20. Meg joins a basketball team. (S21)
11.05 **Family Guy** 7/20. (S21)
11.30 **American Dad!** (S17)
12.30 AM **Bob's Burgers** (S10)
1.25 **Deep Fake Neighbour Wars**
1.55 **World's Funniest Videos**
2.25 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **A Touch of Frost**
10.35 **The Royal** *Thinking Too Hard.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *The Things We Do for Love:* When a woman is found dead in a car park, the list of suspects leads Jack to a religious community.
5.55 **Heartbeat** *Legacies:* Vernon sees an opportunity that needs the royal stamp of approval.

10.00 Endeavour

6.55 **Heartbeat** *Home Sweet Home:* Blaketon uncovers sinister goings-on at a nursing home, and David starts his new job.

8.00 **Midsomer Murders** *Not in My Back Yard:* A planning dispute leads to murder after a woman suspects her neighbours are involved in a money-making development scam. Guest stars Hugo Speer.

10.00 **Endeavour** *Overture (Pilot): Inspector Morse* prequel starring Shaun Evans as an inspector who risks all to begin his own quest for justice.
12.00 M'T **Wire in the Blood** 5&6/8. Tony looks into a chain of murders in which each killer becomes the next victim. (S6)
1.55 AM **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 LIVE **Sportscene: Championship** Falkirk v Livingston: Coverage of the second-tier match between the promotion contenders at Falkirk Stadium. Kick-off is at 7.45.
10.00 **Still Game** 5/6. Jack and Victor decide to become dogsitters and enlist the help of computer-savvy Isa. (S7)
10.30 **Best of Only an Excuse?** 4/4. A selection of classic scenes from 27 years of the hit comedy, featuring characters such as Sir Fergie, Craigy Brown and The Frankie Boy.
11.00 PM **to 12.00** M'T **TRNSMT 2024** With Declan McKenna, Liam Gallagher, Garbage and The Last Dinner Party.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** 6&7/8. (S5)
9.15 **The Conners** (S3)
10.10 **Silicon Valley** (S5)
11.30 **High Maintenance** (S2)
12.40 PM **Entourage** (S6)
1.50 **Silicon Valley** (S5)
3.10 **High Maintenance** (S2)
4.30 **Ballers** 6&7/8. (S5)
5.45 **The Office (US)** (S7)
6.45 **The Conners** (S3)
7.45 **Ballers** 9/9. Spencer Strasmore continues his dreams. (S4) **8.25** 1/8. An offer comes Spencer's way that sends him back into the lion's den, this time as a team owner. (S5)
9.00 **Katherine Ryan: Missus** A stand-up show by the comedian.
10.20 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.20 **Veep** 1&2/10. (S5)
12.40 AM **Sex and the City**
2.00 **And Just Like That...**
3.40 **to 5.00** AM **High Maintenance**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Michael Flatley: Lord of the Dance – Dangerous Games**
7.40 **The Joy of Painting**
8.50 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist of the Year 2020**
1.00 PM **Tales of the...**
2.00 **The Danish Collector: Delacroix to Gauguin**
3.00 **Discovering**
4.00 **Classic Albums**
5.00 **Portrait Artist of the...**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Classic Albums**
9.00 **The Who: The Kids Are Alright** Documentary.
11.10 **The Who: Live at the Isle of Wight**
1.10 AM **Johnson & Knopfler's Music Legends** Cyndi Lauper.
2.10 **Blondie: Song by Song**
4.00 **The Big Design Challenge** A new chair.
5.00 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Border Security: Australia's Front Line**
8.00 **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 20/26. (S6)
5.00 **Stargate Atlantis** (S1)
6.00 **Star Trek: Deep Space Nine** 14/26. (S7)
7.00 **Star Trek: Voyager** (S4)
8.00 **Hawaii Five-0** (S7)
10.00 **S.W.A.T.** 15/22. (S1)
11.00 **Britain's Most Evil Killers** The story of serial killer Robert Black.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind with ITV**
7.40 **Backyard Builds** New edition DIY series.
8.10 **Celebrity Homes**
9.10 **Ainsley's Taste of Malta**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Beverly Hills**
12.05 PM **Olivia Meets Her Match** Reality series.
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey** New edition
6.00 **Buying and Selling**
7.00 **Ainsley's Taste of Malta**
8.00 **Dinner Date**
9.00 **Botched** Double bill.
10.55 **Dr. 90210**
11.50 **Only Way Is Essexmas**
12.50 AM **Backyard Builds**
1.15 **Unwind**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 7/13. (S2)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 12/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 4-7/20. (S9)
9.00 **Randall and Hopkirk (Deceased)** *Just for the Record:* 6/26. Jeannie and Jeff act as escorts for two beauty queens. (S1)
10.00 **The New Avengers** *K is for Kill: Part One – The Tiger Awakes:* 8/13. Russian soldiers age mysteriously. (S2)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S9)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **Return of Sherlock Holmes**
9.20 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots**
12.25 PM **Return of Sherlock Holmes** Murder mystery.
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Professionals**
6.00 **BattleBots** New edition End Game try to defend their crown.

7.00 Darts: The Masters

7.00 **LIVE Darts: The Masters** Jacqui Oatley presents coverage of day two from Marshall Arena in Milton Keynes, featuring the concluding eight first-round matches played over the best of five sets. Analysis comes from Chris Mason, Alan Warriner-Little and Mark Webster, and commentary and interviews are provided by Ned Boulting, Stuart Pyke, and John Rawling.

11.00 **Wrestling: AEW Dynamite**
1.00 AM **Dark Side of the Ring** New edition Documentary.
1.55 **Auf Wiedersehen, Pet**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 11/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 1/26. (S6)
2.00 **Warehouse 13** 7/13. (S2)
3.00 **Stargate SG-1** 13/20. (S8)
4.00 **Star Trek: Voyager** 9/26. (S2)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 11/26. Picard finds himself embroiled in the hunt for an escaped prisoner. (S3)

11.00 True Blood

7.00 **Warehouse 13** *For the Team:* 7/13. Two members of a college wrestling team spontaneously combust. (S2)

8.00 **Stargate SG-1** *It's Good to Be King:* 13/20. The team jump into action when the Goa'uld try to enslave a planet. (S8)

9.00 **The Walking Dead** *Seed:* 1/16. A prison provides an opportunity for the survivors to establish a new base camp. (S3)

10.00 **Grimm** *Happily Ever Aftermath:* 20/22. Nick and Hank investigate a murder committed by a bat-like monster. (S1)

11.00 **True Blood** 7/12. Rumours begin to spread concerning Sookie and Bill's relationship. **12.00** M'T 8/12. Bill agrees to let Eric borrow Sookie to use her mind-reading powers to root out a thief. (S1)
1.00 AM **SurrealEstate** (S1)
3.00 **Room 104** 5&6/12. (S3)
4.00 **to 5.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 5/16. (S3)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S9)
4.00 **Miss Scarlet and the Duke** 2/6. A close friend of Mr Potts is found murdered. (S4)
5.00 **Hudson & Rex** 5/16. After a socialite narrowly escapes being poisoned, the duo uncover several suspects. (S3)
6.00 **Father Brown** As 9.00pm.

10.00 Death in Paradise

7.00 **The Mentalist** *Fugue in Red:* 10/24. Jane reverts to his former con-artist self after being knocked out. (S4)

8.00 **White Collar** *Countdown:* 10/16. A senior FBI agent tries to track down a stolen painting. Guest stars Beau Bridges. (S3)

9.00 **Father Brown** *The Tower of Lost Souls:* Father Brown and Chief Inspector Valentine uncover a dark secret at Helmsley House.

10.00 **Death in Paradise** *An Unholy Death:* 2/8. A nun is found dead in a smoke-filled bedroom in her convent. (S2)

11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 15/21. A note in silver ink threatening Maxine Roby's life is found. (S2)
2.00 **So Help Me Todd** 5/21. (S1)
2.45 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.35 AM **Highlights**
9.25 **The Good Life**
10.00 **Are You Being Served?**
10.40 **Porridge**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **The Good Life**
2.00 **Dad's Army**
2.35 **Porridge**
3.15 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **The Green Green Grass**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

9.20 Blackadder II

7.20 **Dad's Army** A secret weapon goes haywire and threatens Walmington-on-Sea.

8.00 **The Good Life** Tom is tempted to earn some extra money.

8.35 **The Thin Blue Line** PC Habib finds herself in demand from all sides.

9.20 **Blackadder II** Edmund takes in a young lad as his manservant. Guest stars Rik Mayall.

10.00 **The Office** A work experience trainee is exposed to a smutty picture of her new boss.

10.40 **The Good Life** As 8pm.

11.20 **The Thin Blue Line**
12.00 M'T **Blackadder II** As 9.20pm.
12.40 AM **The Office** As 10.00pm.
1.15 **Bottom 2001: A*** Oddity Live** A stage show based on the cult comedy series.
3.10 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Gassed Up**
8.00 **Special Ops: To Catch a Criminal** Double bill.
10.00 **Extreme Fishing with Robson Green** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Guy's Garage**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si and Dave prepare a selection of extravagant British gourmet dishes.
6.00 **Rick Stein's Secret France** The chef pays a visit to Burgundy and the Auvergne.

10.00 Have I Got a Bit More...

7.00 **QI XL** With guest panellists Jo Brand, Bill Bailey and James Acaster.
7.40 **Richard Osman's House of Games** With Reeta Chakrabarti. **8.20** Hugh Fearnley-Whittingstall, Jodie Kidd, Jamali Maddix and Suzi Perry take part.

9.00 **QI XL** Guests Jo Brand, Dara O Briain and Phill Jupitus join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with Ria Lina and Matt Chorley.

11.00 **8 Out of 10 Cats Best Bits**
12.00 M'T **Mock the Week** With Ed Byrne, Sara Pascoe, Ed Gamble and Nathan Caton.
12.40 AM **Would I Lie to You?**
1.20 **QI XL** As shown at 7.00pm.
2.00 **to 4.00** AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74

7 PM **8 PM** **9 PM** **10 PM**

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Kirstie and Phil's Love It or List It**
8.00 **The Dog House** Poodle-cross Lola has to melt the heart of five-year-old Violet.
9.00 **24 Hours in A&E** A 21-year-old man is rushed in after a motorbike accident leaving him with leg and lung injuries.
10.00 **Celebrity Gogglebox** Famous faces appraise shows including *The Savoy*, *This Is MY House* and *Million Pound Pawn*.
11.05 **Gogglebox** Double bill.
1.10 AM **8 Out of 10 Cats Does Countdown**
2.15 **Vicky Pattison: My Big Fat Geordie Wedding**
4.15 **to 4.45** AM **Travel Man: 48 Hours in Malmö**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 22-24/24. (S7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *A Man Walks into a Bar:* 14/24. The agents undergo psychological evaluations while investigating the death of a submarine's commanding officer. **7.00** *Defiance:* 15/24. The team protect the daughter of a foreign defence secretary. **8.00** *Kill Screen:* 16/24. A Marine's teeth and fingertips are found in a pickpocket's stolen purse. **9.00** *One Last Score:* 17/24. The agents learn one of their former assistants has been murdered, and had been selling information. (S8)
10.00 **Law & Order: Special Victims Unit** (S13&12)
1.50 AM **Blue Bloods** (S6)
2.50 **New York Undercover**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Psycho Pussies 2: Mad Cat Attacks!**
9.00 **FILM Sherlock Holmes** Guy Ritchie's adventure starring Robert Downey Jr and Jude Law. (2009, 12, 128min) ★★★★
11.40 **FILM Austin Powers: The Spy Who Shagged Me** Spoof thriller sequel. (1999, 12, 94min) ★★★
1.35 AM **Casualty 24/7: Every Second Counts**
2.30 **999: Critical Condition**
3.20 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.10 **Traffic Cops**
11.10 **Police Interceptors**
12.10 PM **The Gambler: The Adventure Continues** Western drama sequel starring Kenny Rogers.
2.15 **FILM Sierra** Western starring Wanda Hendrix. (1950, PG, 83min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Night Shift 999** Staff at a store contact police about three men stealing garden furniture.
10.00 **Police Interceptors** A driver's behaviour signals imminent disaster.
11.00 **Fights, Camera, Action!**
12.00 M'T **Broadmoor: For the Criminally Insane**
1.00 AM **999: Criminals Caught on Camera**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **Inside the Ambulance** Medics help a man suffering from an anxiety attack in the street.
9.00 **999 Rescue Squad** A woman plunges 10ft through the floorboards of her Sheffield home. **10.00** A car towing a caravan rolls over and hits a lamp post.
11.00 **Gavin & Stacey** The gang reunite for Neil's christening. **11.40** Pam and Mick host a beer and curry night. **12.15** AM Smithy worries about seeing Nessa.
12.55 **to 3.00** AM **Jo Frost: Nanny on Tour**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.00 AM **All Creatures Great and Small**
7.50 **Doctors**
9.00 **Holby City**
10.20 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.20 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Hidden Man:* Father Brown's friendship with Flambeau is tested. **9.00** *The Royal Visit:* The visit of Princess Margaret to Kembleford is jeopardised when a caretaker is found dead.
10.00 **New Tricks**
11.20 **Bergerac**
12.20 AM **Lovejoy**
2.45 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Celebrity Fantasy Homes** Toyah Willcox.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Derbyshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Helicopter ER: Coastal Special** In the North Yorkshire dales, body cameras and airborne fixed-rigs offer full access to the medical rescue missions of the Yorkshire Air Ambulance.
10.00 **Helicopter ER** The Yorkshire Air Ambulance crew race to the scene of a head-on car crash. **11.00** The crew treat a woman in cardiac arrest.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole** Double bill of editions.
7.00 **Tenable** Warwick Davis hosts as family and friends from Kent take part in the quiz show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 10.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **Wild West Chronicles** Western.
8.50 **FILM Enigma** Thriller. (1983, 15, 100min) ★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Ambush at Tomahawk Gap** Western. (1953, PG, 73min) ★★★
2.50 **FILM McLintock!** Comedy Western. (1963, U, 127min) ★★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **FILM The Man Who Shot Liberty Valance** Western starring James Stewart. (1962, b/w, U, 122min) ★★★★★
10.45 **FILM End of a Gun** Crime action thriller. (2016, 15, 87min) ★★
12.40 AM **FILM Super Collider** Thriller with Robin Dunne. (2013, PG, 90min) ★★
2.30 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Deadly Hope** Thriller. (2012, PG) ★★
10.55 **FILM Deadly Honeymoon** Mystery. (2010, PG, 89min) ★★
1.00 PM **FILM Pregnant and Alone** Drama. (2020, PG, 89min) ★★
2.55 **FILM Hidden Crimes** Thriller. (2009, 12) ★★
4.50 **FILM Neighbourhood Nightmare** Thriller. (2018, 12, 89min) ★★
7.00 **FILM Patricia Cornwell's At Risk** Crime mystery. (2010, 15, 90min) ★★
9.00 **FILM Wind River** Crime drama. (2017, 15, 103min) ★★★★
11.20 **FILM Exposed** Thriller. (2016, 15, 100min) ★★
1.35 AM **FILM A Martha's Vineyard Mystery: Ships in the Night** (2021) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM My Stepfather's Secret** Thriller. (2019, 12) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
10.05 **FILM Together Forever Tea** (2021, PG) ★★
12.05 PM **FILM Love Struck Cafe** (2017, PG) ★★
2.00 **FILM Love, Romance and Chocolate** Drama. (2019, U, 84min) ★★
4.00 **FILM The Perfect Pairing** (2022, U) ★★
6.05 **FILM My One and Only** Romantic drama. (2019, PG, 85min) ★★
8.00 **FILM PREMIERE Cupids on Beacon Street** Comedy with Britt Irvin. (2021, U, 90min) ★★
10.00 **FILM Frozen in Love** Drama. (2018, PG) ★★
11.55 **FILM Farmer Seeking Love** Romantic comedy. (2022, PG, 90min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Harvest Love** Drama. (2017, PG, 84min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
9.00 **Space 1999** 12/24. (S1)
10.00 **I Dream of Jeannie**
10.30 **Watching** 8/11. (S5)
11.00 **A Fine Romance** (S4)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Fantastic Journey**
1.00 PM **Department S** (S2)
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 8/11. (S5)
6.00 **I Dream of Jeannie**
6.30 **Married... With Children**
7.00 **Blue Thunder** 8/11. (S1)
8.00 **Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Stereo Underground**
12.30 AM **Bubblegum & Cheese** Music show.
1.30 **Shine on Harvey Moon**
2.30 **Arthur C Clarke**
3.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** The *Cornelia Marie*'s deck becomes a gauntlet for Josh and a greenhorn. **8.00** As the fleet mount a final season push, sad news rattles the *Cornelia Marie*.
9.00 **Wheeler Dealers** Mike gets his hands on an Astra GTE, but spare parts are tough to find. **10.00** The boys fix up a BMW 335i estate.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin's French Adventure**
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Mediterranean Adventure** Double bill.
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Mediterranean Adventure** Double bill.
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** Exploring the Shetland Islands.
10.00 **James Martin's French Adventure** The chef explores the Dordogne.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 14/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 8/22. (S3)
11.00 **FILM Jurassic Hunters** Sci-fi action thriller. (2015, PG, 89min) ★★
1.00 PM **FILM The Shooting** Haunting Western. (1966, 15, 82min) ★★★
2.35 **FILM The War Lord** Medieval drama. (1965, PG, 122min) ★★★★
5.00 **Star Trek** 13/30. (S1)
6.00 **T.J. Hooker** 9/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Escape Plan** Crime action thriller. (2013, 15, 113min) ★★★
11.15 **FILM Backtrace** Thriller. (2018, 15, 92min) ★★★
1.10 AM **FILM Armored** Thriller with Matt Dillon. (2009, 12, 88min) ★★★
2.55 **to 4.50** AM **FILM Maximum Overdrive** Horror shocker. (1986, 18, 97min) ★★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Battle Star Wars** As 5.00pm.
8.00 **FILM The Exterminators** Sci-fi adventure. (2013, 15, 90min) ★
10.00 **Farscape** 13/22. (S1)
11.00 **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
1.00 PM **FILM Jetstream** Sci-fi disaster movie. (2012, 12, 88min) ★★
3.00 **Farscape** 13/22. (S1)
4.00 **Star Trek** 21/30. (S1)
5.00 **FILM Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
7.00 **Farscape** 12/22. (S1)
8.00 **Star Trek** 22/30. (S1)
9.00 **FILM Kill Command** Sci-fi thriller starring Vanessa Kirby. (2016, 15, 100min) ★★★
11.05 **FILM Sword of Vengeance** Adventure. (2014, 15, 83min) ★★
1.00 **to 3.00** AM **FILM Kill Command** As 9.00pm.

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Evidence of the...**
11.10 **Strange Evidence**
12.10 PM **What on Earth?**
1.05 **Secrets in the Sand**
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Mission Unexplained**
10.00 **Strange Evidence**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Evidence of the...**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **Salvage Kings**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Wales' Most Scenic Railway Journeys**
10.00 **Somerset: Wonder of the West Country**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **Eggheads**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Life in the Namibian desert. **8.00** Ben journeys to the Alaskan wilderness.
9.00 **Emperor: Rise & Fall of a Dynasty** The reigns of Tiberius and Caligula.
10.00 **Walking Britain's Roman Roads**
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Somerset: Wonder of the West Country**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A couple search for a home in North Yorkshire.
9.00 **The Great Pottery Throw Down** The four remaining potters take part in the semi-final.
10.00 **The Great Pottery Throw Down: The Final** The three finalists face their toughest challenges so far before one is crowned the winner.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **1000-lb Sisters** Tammy sees a new therapist, but things do not go the way she hoped, while Amy visits a plastic surgeon.
8.00 **My 600lb Life: Where Are They Now?**
10.00 **My 600lb Life**
12.00 M'T **Monsters Inside Me**
1.00 AM **Extreme Cheapskates**
2.00 **My 600lb Life: Where Are They Now?**
4.00 **to 6.00** AM **My 600lb Life**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** (S3)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 11&12/21. (S9)
1.00 PM **Friends** (S1)
7.00 **Friends** 22/24. Monica accidentally dates a high-school senior. **7.30** 23/24. Carol gives birth to Ross's baby. **8.00** 24/24. Ross's true feelings are revealed. (S1) **8.30** 1/24. Rachel struggles to deal with Ross's relationship. (S2)
9.00 **Mr Bean** 13&14/14. (S1)
10.00 **Kevin Bridges: The Brand New Tour**
11.00 **Jimmy Carr in Concert**
12.00 M'T **Impractical Jokers**
1.00 AM **Whose Line Is It Anyway? USA**
3.00 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
9.30 **The Impractical Jokers Awards**
10.00 **Becker** 9&10/13. (S6)
11.00 **Friends** (S2)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 15&16/23. (S3)
5.00 **Becker** 9&10/13. (S6)
6.00 **Home Improvement**
8.00 **Last Man Standing** (S9)
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** 15-18/18. (S10)
12.00 M'T **Al Murray: Giving It Both Barrels** Al puts the world to rights with his philosophies.
1.30 AM **Frank Skinner Live at Birmingham Hippodrome** Stand-up.
2.45 **The Ricky Gervais Show** 6-11/13. (S2)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
9.50 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Rookie** (S3)
2.00 PM **The Real A&E**
2.50 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Manifest** 8/13. (S3)
6.00 **The Flash** 7/18. (S7)
7.00 **MacGyver** (S2)
9.00 **Flintoff's Road to Nowhere** Double bill.
11.00 **For Life** *Time to Move Forward:* 4/10. Aaron defends a man in a witness tampering case, and things get tense as the Wallace Thanksgiving approaches. (S2)
12.00 M'T **Road Wars**
1.00 AM **A League of Their Own** Double bill.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **16 and Pregnant**
7.10 **Teen Mom: From the Beginning** Double bill.
9.00 **Teen Mom 2**
10.00 **Teen Mom 2: From the Beginning** Reality series.
11.00 **Catfish: Firsts**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Catch of the Day** Reality series.
4.00 **Catfish: Teams**
5.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter**
8.00 **Help! I'm in a Secret Relationship!** Karl wants to know why he hasn't met girlfriend Jasmine's family in four years.
9.00 **Skin A&E** A look at misbehaving lumps.
10.00 **Geordie Shore**
11.00 **Help! I'm in a Secret Relationship!**
12.00 M'T **Behind the Music**
1.00 AM **Ink Master**
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** Double bill.
5.00 **Deadliest Catch** Jake battles a hurricane in the fleet's smallest boat, while Keith orders crew over the rail.
6.00 **Wheeler Dealers** A Peugeot 205 T16 inspires Mike to upgrade its under-powered UK counterpart for a race.

9.00 Mystery at Blind Frog...

7.00 **Salvage Hunters** Drew Pritchard prepares for a business launch at the fashion and homeware retailer Liberty London.

8.00 **Gold Rush** Kevin fires up his wash plant for the first time, and Tony sets his son to run the trommel at Paradise Hill 24/7.

9.00 **Mystery at Blind Frog Ranch** New edition Chad and Eric find signs of gold at the mine, but nightfall brings an unwanted stalker.

10.00 **Moonshiners** New edition Tim Smith faces a crisis, while Mark Rogers delivers a decisive blow, forcing Mike to rethink his strategy.

11.00 **Expedition Unknown**
12.00 M'T **Street Outlaws**
1.00 AM **Mystery at Blind Frog Ranch** As shown at 9.00pm.
2.00 **Moonshiners** As 10.00pm.
3.00 **Gold Rush** New edition Tony hits an unexpected roadblock at his Indian River claim.
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Dogs 101** Travel companions.
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Blue Serengeti**
3.00 **Pit Bulls & Parolees**
4.00 **Bad Dog!** A dog that keeps chasing an ice-cream van.
5.00 **Alaska: Homestead Rescue** Matt finds a humane approach to deal with a predator.
6.00 **Animal Cribs** Making a cabin safer for a blind dog.

8.00 I'm Alive

7.00 **Dodo Heroes** The work of Katherine Connor, who runs an elephant sanctuary in Thailand.

8.00 **I'm Alive** A lifeguard attacked by a great white shark off the coast of South Africa, and a golfer bitten by a rattlesnake.

9.00 **I Was Prey** A man who went to investigate a noise outside his cabin, only to find a massive grizzly bear standing there.

10.00 **Alaskan Bush People** The four eldest Brown brothers prepare for a second solo mission to redeem themselves.

11.00 **Project Grizzly** A bear handler teaches his two grizzlies how to survive in the wild. **12.00** M'T Jeff teaches his grizzlies how to fish.
1.00 AM **Alaskan Bush People**
2.00 **Bad Dog!** As 4.00pm.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Extreme China**
10.00 **Lost Treasures of Angkor: Ancient Laos Revealed**
11.00 **To Catch a Smuggler**
12.00 NOON **Car S.O.S**
1.00 PM **Disaster Autopsy**
2.00 **Air Crash Investigation**
3.00 **Hitler's Killer Warships: Drain the Oceans**
4.00 **Pirates: Behind the Legends**
5.00 **Car S.O.S** A Jensen Interceptor.
6.00 **Air Crash Investigation** An airline suffers two accidents within six months.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** A flight from Lexington, Kentucky ends in disaster when a twin-engine jet careens off the tarmac.

8.00 **The Truth Behind** How easy it can be to fake a photo of a UFO, and a man who has built and flown his own spacecraft.

9.00 **Area 51: I Was There** Insiders reveal projects they worked on at the secret military base and an alleged storage facility.

10.00 **UFOs: Investigating the Unknown** The commercial pilots who fear for their jobs after encountering UFOs.

11.00 **Air Crash Investigation** Two planes collide at 14,000ft.
12.00 M'T **Colossal Machines**
1.00 AM **The Truth Behind**
2.00 **Abandoned** An farmhouse.
2.30 **Lords of War** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Claw Hunters**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **Curse of Skinwalker Ranch** Documentary.
1.00 PM **Flipping Bangers**
2.00 **Lost U-Boats of WWII**
4.00 **Pawn Stars** Triple bill of the documentary, including at: **5.00** Rick heads to Los Angeles for a shopping spree.
6.00 **American Pickers** A main-street grocery frozen in time.

10.00 Ancient Aliens: Origins

7.00 **Forged in Fire** Four elite bladesmiths forge a massive, oversized version of a traditional pig hunting spear.

8.00 **Container Wars** Uzi and Schlomi take on allies. **8.30** Mo and Ty are intrigued by a container with a shady past.

9.00 **Royal Autopsy** Professor Alice Roberts revisits the death of Mary I, the daughter of Henry VIII and Catherine of Aragon.

10.00 **Ancient Aliens: Origins** New edition Evidence in religious texts and records from some of the earliest civilisations.

12.00 M'T **Pawn Stars** Rick considers buying a rare banknote.
12.30 AM **Pawn Stars** Double bill.
2.00 **The Tattooist's Son: Journey to Auschwitz** Gary Sokolov visits the wartime camp through the infamous Arbeit Macht Frei gatehouse.
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **WW2 – Frontlines**
11.00 **Nazi Hunters**
12.00 NOON **Billy Connolly's Great American Trail**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2 – Frontlines** Stalin's generals compete to avenge the Nazis' assault in the East.
5.00 **Nazi Hunters** Martin Bormann.
6.00 **Antiques Roadshow** Fiona Bruce introduces unscreened items from recent shows.

8.00 Trawlermen: Hunting...

7.00 **Canal Boat Diaries** Robbie receives a soaking inside the very wet Blisworth Tunnel on the Grand Union Canal.

8.00 **Trawlermen: Hunting the Catch** Adam leaves his home waters in search of Dover sole to covering his expenses.

9.00 **The Warship: Tour of Duty** HMS *Queen Elizabeth* joins forces with other allied warships for a display of military might.

10.00 **Bangers & Cash** Dave collects a Ford Fiesta XR2i that has not moved from a garage for 21 years.

11.00 **Abandoned Engineering** The home of an African dictator and a sporting hero, and the facility that held apartheid's greatest critic are abandoned.
12.00 M'T **Billy Connolly's Great American Trail** From Kearny.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1hour 255 329

Friday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried**
9.00 **The Repair Shop** Items include a silver saxophone and a stained-glass window. **10.00** Items include a portable police crime office and a teddy bear.
11.00 **Wheeler Dealers** The boys are determined to mark the MGB's 60th anniversary in style. **12.00** M'T A BMW 2002tii that has not been started for 17 years.
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes... Atlanta**
11.00 **Say Yes... Lancashire**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Faking It: Tears of a Crime** April Barber.
8.00 **Murder on CCTV**
10.00 **People Magazine Investigates** New edition
11.00 **People Magazine Investigates**
12.00 M'T **Shamima Begum: A Faking It Special**
1.00 AM **Ted Bundy: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A GP surgery manager has blown NHS cash, and a fraudster cashes in on terror attacks.
8.00 **The Black Widow Murders** A Canadian woman leaves a trail of lovers falling victim to mysterious illnesses.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **Fatal Frontier: Evil in Alaska** State troopers in a small community find the remains of a mother in the woods.
11.00 **Evidence of Evil**
12.00 M'T **48 Hours**
1.00 AM **Forensic Factor**
2.00 **Fatal Frontier: Evil in Alaska** As 10.00pm.
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **The Truth About My Murder** Double bill.
11.00 **Medical Detectives**
2.00 PM **The Truth About My Murder** Double bill.
3.00 **Donal MacIntyre: A Life in Crime**
4.00 **Medical Detectives** Computer forensics help detectives catch a killer. **4.30** A forensic geologist tries to solve the murder of a man. **5.00** When a girl is found dead, two men confess to the murder. **5.30** Forensic science is used to discover the fate of a missing teacher. **6.00** The case of a 16-year-old girl who was killed by her parents. **6.30** A computer bug cripples a company.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **Brit Cops UK**
11.00 **Catching the Killer**
12.00 NOON **The Killer Within**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Sabina Nessa.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **The Killer Within**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Piketon Family Murders**
10.45 **World's Most Evil Killers**
12.55 AM **Murders That Shocked the Nation**
2.00 **Snapped** True-crime.
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Great Forts of the Mediterranean**
9.40 **USS Indianapolis: The Final Chapter**
11.00 **RAF at 100 with Ewan and Colin McGregor**
1.00 PM **Great Forts of the Mediterranean**
2.10 **USS Indianapolis: The Final Chapter**
3.20 **RAF at 100 with Ewan and Colin McGregor**
5.15 **USS Indianapolis: The Final Chapter**
6.35 **Great Forts of the Mediterranean**
7.40 **RAF at 100 with Ewan and Colin McGregor** The actor and his brother present a celebration of the RAF's centenary.
9.35 **USS Indianapolis: The Final Chapter**
10.55 **Great Forts of the Mediterranean**
12.00 M'T **to 2.00** AM **RAF at 100 with Ewan and Colin McGregor**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Story of Late Night**
7.00 **Discovering: Helen Mirren**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **I Am Alfred Hitchcock**
11.50 **Very Ralph** Documentary.
2.00 PM **Hawking: Can You Hear Me?** The life and career of physicist Stephen Hawking.
4.00 **The Directors**
5.00 **Discovering: Helen Mirren**
6.00 **The Eighties**
7.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
9.00 **The Truth vs Alex Jones** The defamation lawsuits brought by Sandy Hook parents against Alex Jones and his website InfoWars.
11.20 **Hijacked: Flight 73** The story of the hijacking of Pan Am Flight 73 in Karachi in 1986.
1.20 AM **Everton: Howard's Way** The story of Everton's trophy-winning peak in the 1980s.
3.30 **The Unbreakable Tatiana Suarez** Documentary.
5.00 **to 6.00** AM **Discovering: Helen Mirren**

Sky Nature

124/125 822 189 354 369

6.00 AM **Secret Life of the Koala**
7.00 **Monkey Life**
8.00 **Seasons of the Wild**
9.00 **Wild Tales from the Farm**
10.00 **Africa's Wild Horizons**
11.00 **Orangutan Jungle School**
12.00 NOON **Matsalu Moose: Wild Giants of the Baltics**
1.00 PM **Monkey Life**
2.00 **Seasons of the Wild**
3.00 **Wild Tales from the Farm**
4.00 **Africa's Wild Horizons**
5.00 **Gangs of Lemur Island**
6.00 **Matsalu Moose: Wild Giants of the Baltics** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Planet Weird**
9.00 **Wildlife ER** New edition
10.00 **Matsalu Moose: Wild Giants of the Baltics** Documentary.
11.00 **Gangs of Lemur Island**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wild Rockies**
2.00 **Planet Weird**
3.00 **Wildlife ER**
4.00 **Seasons of the Wild**
5.00 **to 6.00** AM **Wild Tales from the Farm**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **How the Nazis Lost the War**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Exploring Portsmouth.
2.00 **Walking Through History**
3.00 **How the Nazis Lost the War**
4.00 **The Real Hunt for Red October** 2/2. Documentary.
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** The case of the very first observed visitor from interstellar space.
8.00 **The UnXplained with William Shatner** Double bill.
10.00 **Nostradamus: 21st Century Prophecies Revealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Exploring Glasgow.
3.00 **Walking Through History**
4.00 **Weird or What? With William Shatner**
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **Fear Thy Neighbour**
3.00 **Killer Britain with Dermot Murnaghan**
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition Documentary.
9.00 **My Strange Arrest** New editions Double bill.
10.00 **Cops Uncensored**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **My Strange Arrest**
2.00 **Phrogging: Hider in My House**
3.00 **Fear Thy Neighbour**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Last of the Giants: Wild Fish**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Giants of the Deep Blue**
3.00 **Super Reefs**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Vets try to save a cougar with an abscess.
8.00 **Africa's Hunters** A litter of wild dogs comes under threat from a pack of hyenas.
9.00 **Africa's Deadly Kingdoms** The wildlife of the Kalahari.
10.00 **Alaska: The Next Generation** The residents must learn new skills using bush ingenuity.
11.00 **Ice Road Rescue**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Tony Robinson's Victory in Europe**
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **Investigation X** Investigating the phenomenon of spontaneous combustion in humans.
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 2/5. Henry Cole finally sets off on his 3,000-mile adventure from Johannesburg to Cape Town, taking in the beautiful African savannah.
12.00 M'T **Mysteries of the Deep**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Warbird Workshop**
1.00 PM **Warbird Workshop**
5.00 **The Bill** Four episodes.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Mistresses** 1/4. Katie's mother has come back into her life, and is concerned about her daughter's destructive romances. Joanna Lumley joins the cast of the drama. (S3)
10.15 **The Bill** *Good Will Visit:* PC Pete Ramsey gets transferred to Sun Hill and immediately causes trouble.
10.50 *Home Sweet Home:* A mother's desperation leads to a horrific situation.
11.20 *All In Good Faith:* Roach becomes obsessed with bringing down gangster Pat Duffy.
11.50 *Just Call Me Guvnor:* Burnside takes on a group of football hooligans.
12.20 AM **Pointless** Double bill.
2.20 **Mistresses** As 9.00pm.
3.30 **to 6.00** AM **Warbird Workshop**

+1 hour 266 376

ID

154 166

8.00 AM **Someone You Thought You Knew** Documentary.
9.00 **The Murder Tapes**
11.00 **Murder Chose Me**
1.00 PM **Betrayed**
3.00 **Til Death Do Us Part**
5.00 **Atlanta Justice**
7.00 **Calls from the Inside** The search for a mother-of-three grips an entire community.
8.00 **Killer Bods** A case in which a hard-bodied, security specialist plotted to murder his wife, so he could be with his mistress. However, his scheme took a sudden and deadly twist..
9.00 **People Magazine Investigates** A case from 1995 in which a 16-year-old student was found shot dead in Texas.
10.00 **Breaking Point**
11.00 **Dates from Hell**
12.00 M'T **House of Horrors: Kidnapped** Double bill.
2.00 AM **Atlanta Justice**
4.00 **Calls from the Inside**
5.00 **to 6.00** AM **Killer Bods**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Big** The Appomattox production platform in the Gulf of Mexico.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **The Convert** Action drama. (2024, 15, 119min) ★★★★
8.20 **The Last Stop in Yuma County** As shown at 6.15pm.
10.00 **Timestalker** As 2.15am.
11.40 PREMIERE **Furiosa: A Mad Max Saga** As 8.00pm.
2.15 PM **The Killer** Action thriller. (2024, 15, 126min) ★★★★
4.30 **Kill** Thriller. (2023, 15) ★★★
6.15 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 105min) ★★★★

8.00 Furiosa: A Mad Max Saga

8.00 PREMIERE **Furiosa: A Mad Max Saga** Fantasy adventure starring Anya Taylor-Joy, Chris Hemsworth and Tom Burke. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2023, 15, 148min) ★★★★ *See review, page 22.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 Bad Boys: Ride or Die Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Kill** As shown at 4.30pm.
2.15 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
3.55 **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
5.35 **to 7.25** AM **Parachute** Drama. (2023, 15, 108min) ★★★★

Sky Cinema Hits

303 403 503 517

7.05 AM **Blue Beetle** Fantasy. (2023, 12, 127min) ★★★★
9.20 **Final Score** Action drama. (2018, 15, 104min) ★★★
11.05 **Fast X** Action adventure. (2023, 12, 141min) ★★★★
1.30 PM **Fast & Furious 6** Thriller. (2013, 12, 125min) ★★★
3.40 **Transformers: Rise of the Beasts** As shown at 11.45pm.
5.50 **Aquaman and the Lost Kingdom** Fantasy adventure. (2023, 12, 124min) ★★★

11.45 Transformers: Rise of...

8.00 The Mummy: Tomb of the Dragon Emperor Adventure sequel starring Brendan Fraser and Jet Li. The husband-and-wife explorers try to stop the mummy of an ancient Chinese Emperor from conquering the world. (2008, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Scorpion King Fantasy adventure starring wrestler turned actor The Rock. A skilled Egyptian warrior is hired by the nomadic people of the desert to destroy an evil warlord. With Kelly Hu. (2002, 12, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★
2.05 AM **The Flash** Adventure. (2023, 12, 144min) ★★★
4.45 **Sky Cinema Preview**
5.45 **to 6.00** AM **The Cinema List: Black British Actors**

Sky Cinema Drama

310 410 510 524

7.20 AM **Minyan** As 5.15am.
9.30 **Gorillas in the Mist** Fact-based drama with Sigourney Weaver. (1988, 12, 124min) ★★★★
11.50 **Tommy** Ken Russell's screen version of The Who's rock opera. (1975, 15, 111min) ★★★★
1.50 PM **The Country Girl** Drama. (1954, b/w, PG, 104min) ★★★
3.40 **Ferrari** Biopic starring Adam Driver. (2023, 15, 130min) ★★★
5.55 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★
8.00 **Oppenheimer** Christopher Nolan's BAFTA and Oscar-winning biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end World War Two. With Emily Blunt, Matt Damon and Robert Downey Jr. (2023, 15, 180min) ★★★★★
11.00 **Steve Jobs** Biopic with Michael Fassbender and Kate Winslet. (2015, 15, 119min) ★★★★
1.05 AM **Gran Torino** Drama. (2008, 15, 116min) ★★★★
3.05 **Steve Jobs** As 11.00pm.
5.15 **to 7.20** AM **Minyan** Drama. (2020, 15, 130min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

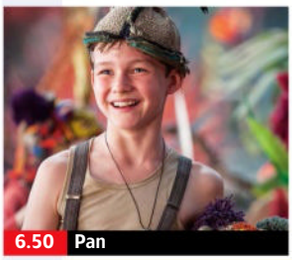
6.45 AM **Mr Vampire** As 4.10pm.
8.30 **The Exorcist: Believer** Horror sequel. (2023, 15, 111min) ★★★
10.30 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★
12.20 PM **War of the Worlds** Thriller. (2005, 12, 116min) ★★★★
2.25 **Resident Evil: Afterlife**
4.10 **Mr Vampire** Horror comedy. (1985, 15, 96min) ★★★
5.55 **Star Trek: Nemesis** Sci-fi adventure starring Patrick Stewart and Jonathan Frakes. (2002, 12, 116min) ★★★
8.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. (2016, 12, 116min) ★★★★★
10.00 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
11.45 **Resident Evil: Afterlife** Sci-fi thriller. (2010, 15, 96min) ★★★
1.30 AM **Mr. Vampire II** Horror comedy. (1986, 12, 89min) ★★★
3.05 **Continuum** Sci-fi drama. (2013, 15, 89min) ★★★
4.40 **to 6.15** AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.00 AM **The Cinema List: Family**
6.20 **The Next Karate Kid** Adventure. (1994, PG) ★★
8.10 **Pan** As shown at 6.50pm.
10.05 **The Addams Family** (1991)
11.50 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
1.45 PM **Dungeons & Dragons: Honour Among Thieves**
4.00 **The Hobbit: An Unexpected Journey** (2012, 12) ★★★
6.50 **Pan** Fantasy prequel to *Peter Pan*. (2015, PG, 111min) ★★★


6.50 Pan

8.45 **Dungeons & Dragons: Honour Among Thieves** Action adventure starring Chris Pine. A charming thief and a band of unlikely adventurers embark on an epic quest to retrieve a lost relic, but things go awry. With Hugh Grant, Michelle Rodriguez and Justice Smith. (2023, 12, 134min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Karate Kid** Martial arts adventure starring Jaden Smith and Jackie Chan. (2010, PG, 140min) ★★★
1.30 AM **The Addams Family** Spooky black comedy starring Anjelica Huston, Raul Julia and Christopher Lloyd. (1991, PG, 95min) ★★★★
3.20 **Little Vampire** Animation. (2020, PG, 85min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Stunts

307 407 507 521

6.00 AM **The Hand of Death** Thriller. (1976, 15, 95min) ★★★
7.40 **Dragon Lord** Action comedy. (1982, 15, 102min) ★★★★
9.25 **Fist of Fury** As 1.55am.
11.15 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
1.40 PM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
3.25 **PREMIERE** **Furiosa: A Mad Max Saga** (2023, 15) ★★★★
6.00 **Jack Reacher: Never Go Back** Thriller sequel. (2016, 12) ★★★

1.40 Enter the Dragon

8.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

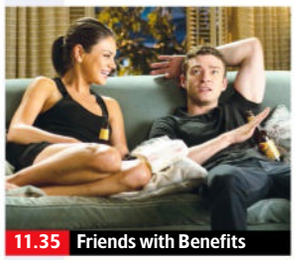
10.00 **Oldboy** South Korean revenge thriller starring Choi Min-sik. A man is released after being held captive in a private prison for 15 years and given the task of solving the mystery of his incarceration. Subtitled. (2003, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Silent Night** Thriller. (2023, 15, 104min) ★★★★
1.55 **Fist of Fury** Action adventure. (1972, 18, 106min) ★★★
3.45 **to 6.05** AM **Once Upon a Time in China** Adventure. (1991, 15, 120min) ★★★★★

Sky Cinema Comedy

308 408 508 522

6.15 AM **Seriously Red** As 9.50pm.
8.05 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
9.55 **Along Came Polly** Comedy. (2003, 12, 90min) ★★★
11.30 **Anger Management** As 8pm.
1.30 PM **The Brady Bunch Movie** Comedy. (1995, 12) ★★★
3.05 **Goon** Sports comedy. (2011, 15, 88min) ★★★
4.40 **Sasquatch Sunset** Comedy. (2024, 15, 88min) ★★★★
6.10 **Friends with Benefits** (2011)


11.35 Friends with Benefits

8.00 **Anger Management** Comedy starring Adam Sandler and Jack Nicholson. After being mistakenly accused of an air-rage incident, a man is sent to attend anger management classes. (2003, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Seriously Red** Comedy drama starring Krew Boylan. A failed real-estate agent hopes to become the world's greatest Dolly Parton impersonator. With Daniel Webber. (2022, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Friends with Benefits** Romantic comedy starring Justin Timberlake and Mila Kunis. (2011, 15, 105min) ★★★
1.30 AM **Sasquatch Sunset** (2024)
3.10 **Sky Cinema Preview**
4.10 **to 6.00** AM **The Comeback Trail** Crime comedy drama starring Robert De Niro. (2020, 12, 104min) ★★★

Sky Cinema Thriller

309 409 509 523

6.00 AM **The Cinema List: Thrillers**
6.20 **Eileen** As shown at 4.05am.
8.05 **The Island** (2005, 12) ★★★
10.35 **He Went That Way** Crime drama. (2023, 15, 96min) ★★★
12.25 PM **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
2.15 **Hanna** Action thriller. (2011, 12, 106min) ★★★★
4.15 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
6.00 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★

6.00 The Bourne Identity

8.00 **The Bourne Supremacy** Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. A former CIA assassin tries to discover why his enemies want to kill him. With Franka Potente. (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Caddo Lake** Thriller starring Dylan O'Brien. (2024, 12, 99min) ★★★
2.10 **Eye in the Sky** As 4.15pm.
4.05 **to 6.00** AM **Eileen** Thriller starring Thomasin McKenzie. (2023, 15, 97min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **40 Guns to Apache Pass** Western. (1966, PG) ★★
12.55 PM **First Men in the Moon** Tongue-in-cheek adventure. (1964, U, 99min) ★★★
3.00 **The Guns of Fort Petticoat** Western. (1958, PG) ★★
4.40 **True Grit** Vintage Western. (1969, PG, 128min) ★★★★★
7.15 **Daddy's Home** Comedy with Will Ferrell and Mark Wahlberg. (2015, 12, 96min) ★★★

9.00 Venom: Let There Be...

Daddy's Home (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Venom: Let There Be Carnage** Fantasy sequel starring Tom Hardy. Eddie Brock attempts to re-ignite his career by interviewing a serial killer, who then becomes the host of another symbiote. (2021, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.55 **Assassin Club** Thriller starring Henry Golding. An assassin is hired to kill seven people, only to discover the targets have been hired to kill him. (2023, 15, 111min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.10 **to 3.50** AM **Terminator: Dark Fate** Sci-fi adventure. (2019, 15, 123min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

6.00 AM **Please Don't Destroy: The Treasure of Foggy Mountain**
7.35 **Cinema List: Winter Warmers**
7.50 **Annie** As shown at 1.45am.
10.00 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
11.35 **The Great Escaper** As 10pm.
1.15 PM **The Last Rifleman** Drama. (2022, 15, 115min) ★★★
3.00 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★

4.50 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
6.25 **Mr Bean's Holiday** Comedy starring Rowan Atkinson. (2007, PG, 89min) ★★★
8.00 **The King's Speech** Oscar-winning drama starring Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
10.00 **The Great Escaper** Drama starring Michael Caine. (2023, 12, 96min) ★★★★
11.40 **The Five-Year Engagement** Comedy. (2012, 15, 119min) ★★★

1.45 AM **Annie** Musical with Albert Finney. (1982, U, 128min) ★★★
3.55 **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15, 93min) ★★★
5.35 **to 7.25** AM **Love Again** Romantic comedy drama. (2023, 12, 100min) ★★★

Sky Cinema Greats

304 404 504 518

6.50 AM **...And Justice for All** Black comedy. (1979, 15, 119min) ★★★
8.55 **Field of Dreams** Fantasy. (1989, PG, 106min) ★★★★★
10.55 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
1.15 PM **Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★★★
3.40 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★

5.50 **Philadelphia** Oscar-winning melodrama starring Tom Hanks and Denzel Washington. (1993, 12, 122min) ★★★★
8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
10.25 **Goodfellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★

12.55 AM **The Man Who Knew Too Much** Classic Alfred Hitchcock suspense drama starring James Stewart and Doris Day. (1956, PG, 120min) ★★★★
3.05 **Philadelphia** As 5.50pm.
5.20 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.00 AM **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★★
7.30 **Extinct** Animated adventure. (2021, U, 84min) ★★★
9.05 **The Adventures of Tintin: The Secret of the Unicorn** (2011)
11.00 **Storks** As shown at 7.35pm.
12.35 PM **Rock Dog** Animated adventure with the voice of Luke Wilson. (2016, PG, 90min) ★★★

2.15 **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
4.00 **Arthur Christmas** Animated comedy. (2011, U, 93min) ★★★★
5.40 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
7.35 **Storks** Animated adventure. (2016, U, 87min) ★★★
9.10 **The Pirates! In an Adventure with Scientists** Comedy. (2012, U, 87min) ★★★★

10.45 **The Super Mario Bros Movie** Animation. (2022, PG) ★★★
12.25 AM **Arthur Christmas** As 4pm.
2.05 **The Pirates! In an Adventure with Scientists** As 9.10pm.
3.40 **Rock Dog** As 12.35pm.
5.15 **to 6.00** AM **Sky Cinema Preview**

Movies 24

312 419

7.00 AM **Love Stories in Sunflower Valley** Romantic comedy. (2021, PG, 90min) ★★
9.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
11.00 **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
1.00 PM **Betty's Bad Luck In Love** Comedy. (2024, PG, 84min) ★★
3.00 **CrimeTime: Freefall** Mystery drama. (2024, PG, 90min) ★★

5.00 **Sparks Over Brooklyn** Drama. (2023, PG, 89min) ★★
7.00 **Rip in Time** Romantic fantasy starring Torrey DeVitto and Niall Matter. (2022, PG, 84min) ★★
9.00 **Love on the Right Course** Romantic comedy with Ashley Newbrough and Marcus Rosner. A golfer returns to her home town in Hungary after a losing streak to reevaluate her future. (2024, PG, 84min) ★★
11.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★

1.00 AM **A Bet with the Matchmaker** Romantic drama. (2023, PG, 89min) ★★
3.00 **to 5.00** AM **My Dreams of You** Romantic drama starring Cecilia Lee. (2024, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **I Lived with You** Drama. (1933, b/w, U, 100min) ★★★
7.55 **Phantom Ship** Murder mystery. (1935, b/w, U, 80min) ★★★
9.10 **The Gambler and the Lady** Thriller. (1952, b/w, PG) ★
10.40 **Your Money or Your Wife** Comedy. (1959, b/w, PG) ★
12.30 PM **The Four Just Men** (S1)
1.05 **Spare the Rod** Drama. (1961, b/w, PG, 93min) ★★★★

2.55 **Look at Life**
3.05 **Rebecca** Hitchcock thriller starring Laurence Olivier. (1940, b/w, PG, 130min) ★★★★★
5.40 **Miss MacTaggart Won't Lie Down** Short comedy.
6.10 **Look at Life**
6.20 **Jigsaw** Thriller starring Jack Warner and Ronald Lewis. (1962, b/w, PG, 107min) ★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 5/13. (S1)
10.05 **Cellar Club with Caroline Munro**

10.10 **Dr Jekyll and Mr Hyde** Horror. (1980, 15, 115min) ★★★
12.30 AM **Cellar Club with Caroline...**
12.35 **Lifeforce** Chiller. (1985, 18) ★
2.50 **The Common Touch** Drama. (1941, b/w, PG, 104min) ★★★
4.55 **Four Star Theatre**
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **ICC Women's World Cup 2017** England v India in the final.
6.15 LIVE **ICC U19 Women's World T20** Coverage of the second semi-final from Bayuemas Oval in Pandamaran, Malaysia.
9.30 LIVE **DP World Tour Golf** The second day of the Bahrain Championship at Royal Golf Club.
1.30 PM LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
4.45 LIVE **PGA Tour Golf** Coverage of day two of the AT&T Pebble Beach Pro-Am from Pebble Beach Golf Links in California.
7.30 LIVE **EFL Blackburn Rovers v Preston North End.** Coverage of the Championship match from Ewood Park. Kick-off **8.00pm**.
10.30 LIVE **PGA Tour Golf** Further coverage of day two of the AT&T Pebble Beach Pro-Am at Pebble Beach Golf Links in California.
12.00 M'T LIVE **NCAA Basketball Saint Louis Billikens v Dayton Flyers.** The men's match from Chaifetz Arena. Tip-off **12.00m't**.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **Total Football**
5.00 PM **The Transfer Show**
5.30 **Premier League Stories**
6.00 **Premier League 100: David James** The keeper's career.
6.30 **Premier League 100: Dion Dublin** The forward's best goals.
7.00 **Premier League Preview** A look ahead to the weekend's matches in the Premier League.
7.30 **The Big Interview** Featuring a star of the past or present.
8.00 **Fantasy Show** Insight and tips ahead of the weekend's fixtures.
8.30 **Premier League Stories** A look back at the career of former striker Andy Carroll.
9.00 **Premier League Preview**
9.30 **The Big Interview**
10.00 **Fantasy Show**
10.30 **Premier League Stories**
11.00 **Premier League Years**
1.00 AM **PL Retro** Portsmouth v Southampton from 2005.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** Play-off finals.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2010 final.
12.00 NOON **Bundesliga**
12.30 PM **Bundesliga Weekly**
1.00 **EFL Highlights**
2.00 **Scottish Premiership Round-Up** Top-flight action.
2.15 **SPFL Highlights**
2.30 **Bundesliga** Recent highlights.
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
4.00 **Scottish Premiership Round-Up** Top-flight action.
4.15 **SPFL Highlights**
4.30 **Bundesliga** Recent action.
5.00 **Bundesliga Weekly**
5.30 **EFL Highlights**
7.30 LIVE **EFL Blackburn Rovers v Preston North End.** Coverage of the Championship match from Ewood Park. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights**
11.30 **Bundesliga** Recent action.
12.00 M'T **EFL Cup** The 2010 final.
2.00 AM **Best Moments from the Championship Play-Off Final**
2.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **ICC Women's World Cup 2017** England v India in the final.
6.15 LIVE **ICC U19 Women's World T20** Coverage of the second semi-final from Bayuemas Oval in Pandamaran, Malaysia.
9.30 **ICC Women's World Cup 2017**
10.00 **Women's ICC World T20**
11.00 **WPL** Highlights from India.
1.00 PM **SA20** Recent action.
3.00 LIVE **SA20 Pretoria Capitals v MI Cape Town.** Coverage from SuperSport Park. This fixture last year was a high-scoring affair as 462 runs were scored across the two innings. Cape Town batted first and made a huge 248-4, and in return the hosts did well but ended their innings on 214-8, finishing 34 runs short.
7.30 **ICC U19 Women's World T20** Action from the first and second semi-finals at Bayuemas Oval.
8.30 **Women's ICC World T20** South Africa v New Zealand in the final.
9.00 **SA20** Recent action.
11.00 **ICC U19 Women's World T20**
12.00 M'T **Women's ICC World T20**
1.00 AM **SA20** Recent action.
5.30 **ICC Women's World Cup 2017**
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf**
6.30 **Roots** Profiles of leading players.
7.30 **Nick Dougherty's Tee Time Tips**
8.00 **DP World Tour Golf**
8.30 LIVE **DP World Tour Golf** The second day of the Bahrain Championship at Royal Golf Club.
1.30 PM **Golf's Greatest Holes**
2.00 **TGL** Action from Jupiter Links Golf Club v Boston Common Golf.
4.00 **My Ryder Cup**
4.15 **DP World Tour Golf**
4.45 LIVE **PGA Tour Golf** Early coverage of day two of the AT&T Pebble Beach Pro-Am at Pebble Beach Golf Links in California.
8.00 LIVE **PGA Tour Golf** Further coverage of day two of the AT&T Pebble Beach Pro-Am at Pebble Beach Golf Links in California.
12.00 M'T **DP World Tour Golf**
12.30 AM **Nick Dougherty's Tee Time Tips** Expert advice.
1.00 **Golf Academy**
1.30 **DP World Tour Golf**
2.00 **PGA Tour Golf**
4.00 **DP World Tour Golf**
4.30 **My Ryder Cup**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Women's Ashes Australia v England.** Coverage of the second day of the one-off Test in the multi-format series from Melbourne Cricket Ground.
11.30 **TNT Sports Cricket Reload**
12.00 NOON **T20 Cricket Highlights**
1.00 PM LIVE **T20 Cricket India v England.** Coverage of the fourth T20 in the five-match series staged at Maharashtra Cricket Association Stadium in Pune.
6.00 **Women's Ashes**
7.00 **The Edge** Australia v England.
7.30 **Test Cricket Highlights**
8.30 **Premier League Preview**
9.00 **T20 Cricket Highlights**
10.00 **NBA** A chance to see Memphis Grizzlies v Houston Rockets.
11.30 **NBA Action** Highlights.
12.00 M'T **NBA on Fire** The latest news.
12.30 AM LIVE **NBA Philadelphia 76ers v Denver Nuggets.** The inter-conference match from Wells Fargo Centre. Tip-off **12.30am**.
3.00 **Isuzu UTE A-League**
4.00 **to 6.00** AM LIVE **Isuzu UTE A-League Auckland FC v Macarthur FC.** Coverage of the Australian top-flight match at Go Media Stadium. Kick-off **4.00am**.

TNT Sports 2

411 871 528 409 431

6.00 AM **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 **UEFA Europa League**
8.30 LIVE **A-League Brisbane Roar v Western Sydney Wanderers.**
10.30 **Premier League Reload**
10.45 **What I Wore** Michel Salgado.
11.00 **UEFA Champions League Draw**
11.30 **Premier League: Big Interview**
12.00 **UEFA Europa League Draw**
12.30 PM **Premier League Stories**
1.00 **Champions League Highlights**
2.00 **UEFA Europa League & Conference League Highlights**
3.00 **Serie A – Full Impact**
3.30 **NBA Highlights**
4.30 **The Fantasy Show**
5.00 **Isuzu UTE A-League**
6.00 **Premier League Features**
7.00 **The Club That George Built**
8.30 **TNT Sports Cricket Reload**
8.45 **T20 International Cricket**
9.45 LIVE **Women's International T20 Cricket West Indies v Bangladesh.** The third T20.
1.45 AM **TNT Sports Cricket Reload**
2.00 **The Fantasy Show**
2.30 **The Edge** Australia v England.
3.00 **to 6.00** AM LIVE **Women's Ashes Australia v England.** The third day of the one-off Test.

TNT Sports 3

417 874 529 410 432

6.00 AM LIVE **Test Cricket Sri Lanka v Australia.** Coverage of the third day of the first Test in the two-match series staged at Galle International Stadium.
12.30 PM **TNT Sports Cricket Reload**
1.00 **What I Wore** Emmanuel Petit.
1.30 **TNT Sports Reload**
2.00 **Fishing: On the Bank**
3.00 **UEFA Champions League**
7.30 **UEFA Europa League**
9.00 **UEFA Champions League Magazine** News and action.
9.30 **TNT Sports Reload**
10.00 **Test Cricket Highlights** Action from the third day of the first Test between Sri Lanka and Australia at Galle International Stadium.
11.00 **UEFA Europa League & Conference League Highlights**
12.00 M'T **Premier League Preview**
12.30 AM **UEFA Champions League Magazine** News and updates.
1.00 **MLB Classic** A Home Run Derby.
3.00 **TNT Sports Cricket Reload**
3.15 **Test Cricket Highlights**
4.15 **to 6.00** AM LIVE **Test Cricket Sri Lanka v Australia.** Coverage of the fourth day of the first Test in the two-match series staged at Galle International Stadium.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **Super Bowl LVIII Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **Super Bowl LVI Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **Super Bowl LVII Highlights**
5.00 **NFL Gameday**
5.30 **Super Bowl LVIII Bitesize**
5.45 **NFL Bitesize Highlights** The AFC Championship match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **NFL Bitesize Highlights**
9.00 **Super Bowl LVIII Highlights.** San Francisco 49ers v Kansas City Chiefs from Allegiant Stadium.
10.00 **Super Bowl LV Highlights** Tampa Bay Buccaneers v Kansas City Chiefs in the 2020/21 season.
12.00 M'T **2025 Pro Bowl Skills Showdown** A chance to see NFL players putting their talents to the test in a series of competitions.
2.00 AM **NFL Bitesize Highlights**
3.00 **NFL Gameday**
3.30 **NFL Bitesize Highlights**
4.00 **Super Bowl LVIII Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA Tennis** Coverage of day five of the WTA Singapore Open staged at Kallang Tennis Centre, featuring quarter-finals.
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
8.00 PM LIVE **ATP Tennis** Coverage of the fifth day of the ATP Open Sud de France from Montpellier.
9.30 **WTA & ATP Tennis**
1.30 AM **ATP Best of Jack Draper**
1.45 **Bitesize Tennis** San Diego Open.
2.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
11.00 **SA20** Recent T20 action.
1.00 PM **Super League Highlights**
2.00 **Fight Night** Azim v Davies.
3.00 **State of Origin Rugby League**
4.00 **Super League Highlights**
5.00 **Fight Night** Azim v Davies.
6.00 **DP World Tour Golf**
6.35 **Super League Highlights**
7.20 LIVE **Bundesliga Werder Bremen v FSV Mainz 05.** The German top-flight match from Weserstadion. Kick-off **7.30pm**.
9.30 **Super League Highlights**
10.00 **The Rugby Championship**
12.00 M'T LIVE **NCAA Basketball Saint Louis Billikens v Dayton Flyers.** The men's match from Chaifetz Arena. Tip-off **12.00m't**.
2.00 AM **One Championship Weekly**
2.30 **Super League Highlights**
3.00 **State of Origin Rugby League**
4.00 **Women's State of Origin**
5.00 **to 6.00** AM **NRL**

TNT Sports 4

421 876 530 411 434

6.00 AM **Ultimate Pool** Highlights.
7.30 **Ninja A-League Women**
8.00 LIVE **A-League Women Sydney FC v Adelaide United.** Coverage of the match from Leichhardt Oval in Lilyfield, New South Wales. Kick-off **8.00am**.
10.00 **TNT Sports Reload**
10.15 **The Rugby Review**
11.00 **HSBC SVNS Highlights**
12.00 NOON **NBA Originals**
1.00 PM **NBA** Two match replays.
4.00 **Ultimate Pool** Recent action.
5.30 **TNT Sports Reload**
6.00 **WRC Review** Rally Monte Carlo.
7.00 **NBA** Two match replays.
10.00 **Isuzu UTE A-League**
11.00 **The Fantasy Show**
11.30 LIVE **Women's T20 Super Smash** The elimination final at Cello Basin Reserve in Wellington.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.45** AM LIVE **T20 Super Smash** The elimination final from Cello Basin Reserve, Wellington.

Eurosport 1

413 870 521 412 435

6.00 AM **Cycling: AIUla Tour**
7.00 **Snooker: German Masters**
9.05 **Discovery Golf**
9.35 LIVE **Biathlon** In Martell, Italy.
11.00 LIVE **Nordic Combined Skiing** Coverage from Seefeld, Austria.
11.20 **Sierra Nevada 2024**
11.35 LIVE **Nordic Combined Skiing** Further coverage from Seefeld.
12.15 PM LIVE **Cross-Country Skiing** Coverage from Cogne, Italy.
1.20 LIVE **Nordic Combined Skiing** Concluding coverage from Seefeld.
1.45 **Snooker 147s** Si Jiahui.
2.00 LIVE **Snooker: German Masters** The first quarter-finals.
5.00 **Australian Open Tennis**
6.00 **Snooker: German Masters**
7.00 LIVE **Snooker: German Masters** The final quarter-finals.
10.00 **Snooker: German Masters**
12.00 M'T **Cycling** Recent highlights.
2.00 AM **Snooker: German Masters**
4.00 **Ski Jumping** From Willingen.
5.00 **to 6.00** AM **Cycling**

Eurosport 2

414 871 522 413 436

6.00 AM **Australian Open Tennis**
8.00 **Cyclo-Cross** In Hoogerheide.
8.30 **Alpine Skiing** From France.
9.30 **Cycling** Recent highlights.
11.00 **Cyclo-Cross** In Hoogerheide.
11.30 LIVE **Cycling: AIUla Tour** The fourth stage from Saudi Arabia.
1.30 PM LIVE **Cycling: Challenge Mallorca** Coverage of the Trofeo Serra Tramuntana.
3.15 LIVE **Ski Jumping** Coverage from Willingen in Germany.
5.00 **Alpine Skiing** From France.
6.00 **Show Jumping** In Amsterdam.
7.00 **Ski Jumping** From Germany.
8.00 **Cycling: AIUla Tour**
9.00 **Cycling: Challenge Mallorca**
10.00 **Ski Jumping** From Germany.
11.00 **Alpine Skiing** From Courchevel.
12.00 M'T **Australian Open Tennis**
1.00 AM **Ski Jumping**
2.00 **Cycling: Challenge Mallorca**
3.00 **Cycling: AIUla Tour** Stage four.
4.00 **to 6.00** AM **Snooker: German Masters**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News** Round-up of the sports news.
7.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages, a tip on today's racing and a sporting weather forecast.
9.00 **Good Morning Transfers** Featuring a round-up of the latest football transfer news.
10.00 **Total Football** The definitive take from the managers and players.
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from events on the WTA and ATP Tours, including the WTA Linz Open and the ATP Open Sud de France.
8.00 PM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with headline-makers.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

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6.00 AM **The Home of F1**
12.00 NOON **Graham Hill: World Champion**
12.30 PM **Formula 1** From Mexico.
2.50 **Ferrari x Mescal**
3.00 **Formula 1** Mexico City Grand Prix.
8.00 **Graham Hill: World Champion**
8.30 **Formula 1** Mexico City Grand Prix.
10.55 **What's Next For Valtteri Bottas?** With Jenson Button.
11.00 **Formula 1** Mexico City Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

Disney+ Your Friendly Neighborhood Spider-Man

Available from Wednesday, Disney+

This new animated adventure series takes a fresh look at the origin story of Peter Parker and his early days as Spider-Man after he's bitten by a spider.

Those who are familiar with the Marvel Cinematic Universe (MCU) will be interested to know that the series is set in an alternate timeline from the main films starring Tom Holland; here, Norman Osborn becomes Peter's mentor, rather than Tony Stark.

Fun fact: The classic-style animation pays homage to the art style of early *The Amazing Spider-Man* comics.

Thomas & Friends: All Engines Go!

Weekdays, 6.50am, Milkshake! on Five

All aboard for brand new adventures with Thomas and the Sodor crew! The little blue Number 1 engine and his friends, including Percy and Nia, return with fun stories including a quest to find Farmer McColl's sheep, Yong Bao and Carly having some trouble with their apple delivery to the Harvest Festival, and Diesel overcoming his fear of a Swamp Monster.

More great shows to watch this week...

Holocaust: Finding My Family

Monday, 9.25am, CBBC

On Holocaust Memorial Day, there's another chance to watch this *Newsround* special about one family's experiences during the Holocaust.

LEGO DREAMZzz

ITVX, Prime Video, Netflix & Sky

It's time to celebrate International LEGO Day on Tuesday 28 January, so grab some bricks and get building, while watching the adventures of Mateo, Z-Blob and their friends in the *LEGO DREAMZzz* Dream World.

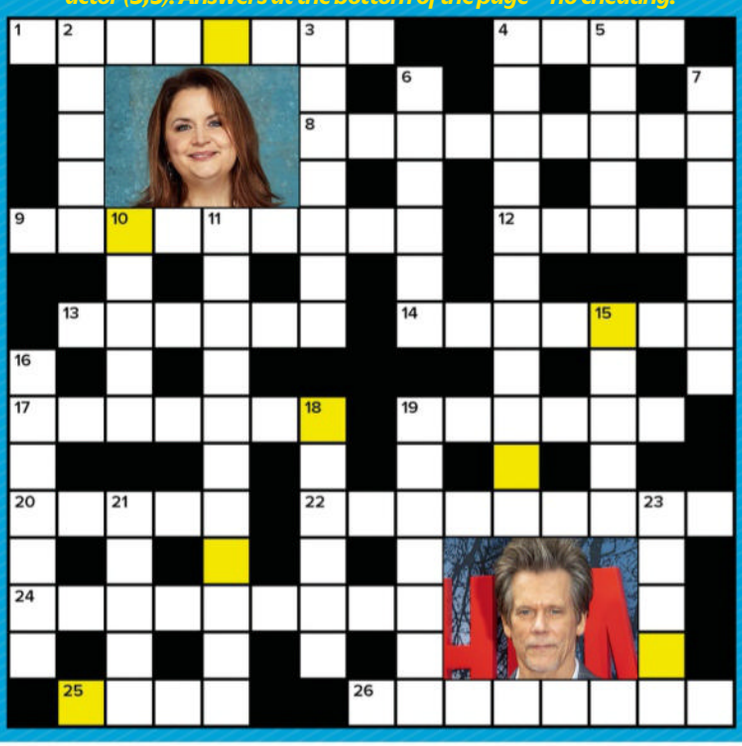
Wish Dragon

Available now, Netflix

With Chinese New Year on Wednesday (29 January), why not tune in to this 2021 animated adventure about a college student who finds a teapot inhabited by a wish-granting dragon?

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a retired American actor (3,5). Answers at the bottom of the page – no cheating!



ACROSS

1 Honor --------, played Cathy Gale in TV series *The Avengers* (8)
4 See picture clue: ---- Jones, *Gavin & Stacey* writer/actor (4)
8 Hugh Grant film from 2002 based on a Nick Hornby novel (5,1,3)
9 Luciano ---------, Italian operatic tenor (9)
12 *Grey's Anatomy* actor, ----- Williams (5)
13 Creator of Hercule Poirot, ------ Christie (6)
14 Former *Strictly* judge, Len ------- (7)
17 Willie -------, co-founder of *Private Eye* (7)
19 ------ *on the Hill*, 2017 Ed Sheeran song (6)
20 ----- Ceesay, plays the title role in *Wolfe* (5)
22 Played Jim in *The Royle Family*, Ricky --------- (9)
24 Keanu Reeves film from 1989, *Bill & Ted's* --------- *Adventure* (9)
25 Queen played by Olivia Colman in 2018 film *The Favourite* (4)
26 -------- Ball, star of 1991's *The Commitments* (8)

DOWN

2 ----- Luft, daughter of Judy Garland (5)
3 2019 sci-fi film starring Brad Pitt (2,5)
4 US model and actor, Emily ---------- (11)
5 San Francisco band who appeared in 1980 film *Xanadu*, The ----- (5)
6 1991 R.E.M. song, ------ *My Religion* (6)
7 ------- Klass, musician and TV presenter (7)
10 Johnny -----, comedian and actor born Michael Pennington (5)
11 2007 Pixar film about rodent chef Remy (11)
15 Actor and comedian, ----- Jupp (5)
16 Comedy film from 1991 starring John Ritter, ------- *Child* (7)
18 Agnes ------, 17th-century witch in fantasy series *Good Omens* (6)
19 2015 N.W.A. biopic, *Straight Outta* ------- (7)
21 See picture clue: Kevin -----, star of 1984 movie *Footloose* (5)
23 Director of 1941's *Citizen Kane*, ----- Welles (5)

WORDS BY LYNETTE BRIGHTON. PHOTOS: SHUTTERSTOCK, DISNEY+, MILKSHAKE! ON FIVE, NETFLIX.

CROSSWORD SOLUTION

ANSWER: Kim Novak **ACROSS:** 1 Blackman 4 Ruth 8 About a Boy 9 Pavarotti 12 13 Agatha 14 Goodman 17 Rushton 19 Castle 20 Babou 22 Tomlinson 24 Excellent 25 Anne 26 Angeline
DOWN: 2 Lorna 3 Ad Astra 4 Ratajkowski 5 Tubes 6 Losing 7 Myleene 10 Vegas 11 Ratatouille 15 Miles 16 Problem 18 Nutter 19 Compton 21 Bacon 23 Orson

Coming soon

Siobhan Finneran and Katherine Kelly head up the cast

Protection

FIRST LOOK

Siobhan Finneran stars in a thriller about a troubled witness-protection officer

A detective wades through dangerous secrets and lies in ITV1's upcoming crime-thriller series *Protection*.

The six-part drama is based on the first-hand experiences of a long-serving witness-protection officer and sees Siobhan Finneran as DI Liz Nyles, who is thrown into turmoil after a shocking event occurs while she is trying to protect informant Jimmy McLennan (Kris Hitchen) and his family as he prepares to testify against gangster Edward Crowther (Alec Newman).

Suspicions are raised that Liz's unit may be corrupt, but, when she illicitly delves further into the criminal underworld to expose the truth about who may have leaked information, Liz must choose between her job, her married lover DS Paul Brandice (Barry Ward), and her family.

CORRUPTION

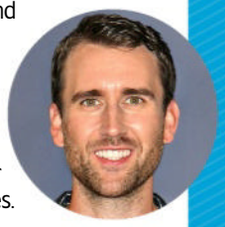
Katherine Kelly co-stars as DCI Hannah Wheatley, who heads up an investigation following the incident, while Nadine Marshall is DCI Amanda Kelman, who works in Professional Standards and is also looking into the alleged corruption.

'*Protection* is a suspenseful conspiracy thriller, but it also explores complex moral questions about how far we should go to serve the greater good,' says writer Kris Mrksa. 'The murky world of witness protection, where hardened criminals are often sheltered, in the hope that they will help bring down other criminals, provides the perfect context for examining these thorny issues.'

WHAT'S NEXT FOR...

Matthew Lewis

In **Murder Before Evensong**, Channel 5's six-part adaptation of the first of Reverend Richard Coles' whodunnit novels, the actor will play Canon Daniel Clement, who turns crime-solver when a killer strikes.



Tom Hanks

The Oscar-winner will narrate BBC1's 10-part natural-history series **The Americas**, which showcases the wildlife across Canada, the United States, Mexico, the Caribbean and South America.

Coming Back

Still Waters, a sequel to C4's Welsh thriller *The Light in the Hall*, sees Sian Reese-Williams return as Caryl, now a trainee journalist, who investigates a man's death in an explosion. Robert Glenister and Mark Lewis Jones co-star.

A second six-part run of ITV1's **Gary Barlow's Wine Tour** will follow the singer as he travels across Australia with his celebrity pals, meeting wine producers and chefs along the way and sampling local cuisine.

Next week On sale Tuesday 28 January

Amandaland

Lucy Punch reprises her role as alpha mum Amanda in BBC1's *Motherland* spin-off.

Miss Austen

In BBC1's period drama, Keeley Hawes plays Jane Austen's sister, who is protecting her legacy.

Apple Cider Vinegar

Netflix's drama centres on two young influencers as they create a controversial wellness empire.

Celebrity Bear Hunt

Famous faces are chased through the jungle by Bear Grylls in Netflix's reality show.

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